WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

SEPTEMBER/OCTOBER 2016

THE CONVENIENCE ISSUE

SURVIVING THE DINNER GAME

49 FAST RECIPES

63 Ideas for Roast Chicken

30-MINUTE FALL SOUPS

Simplify Your Life Freezer Shortcuts

Coffee Habit? You'll Love This Research

DELICIOUS VEGETABLE TARTINES, PAGE 36

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INGREDIENTS

- 1 Can (5 oz.) **Bumble Bee® Solid White Albacore Tuna**, drained and chunked
- 1 Pound small red potatoes, cooked and quartered
- ½ Green bell pepper, stemmed, seeded and diced
- ½ Teaspoon dried dill weed
- ¼ Cup olive oil

DIRECTIONS

Cook potatoes in boiling water for 30 minutes or until tender. Cool and cut. Combine tuna, potatoes, bell pepper, dill and olive oil. Toss gently.

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HORIZON
GROW THE KIDS
KNOCK, KNOCK. WHO'S THERE?
MILK. MILK WHO?
JUST MILK.
#MOREHONESTFOOD
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Eating Well Just Got Easier

BRIAN CAREY/BIG MEDIA

JESSIE PRICE
EDITOR@EATINGWELL.COM

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After work most nights you'll find me in the kitchen. I pour a glass of wine, get organized and start cooking. I listen to the radio. Or chat on the phone. I'm not in a hurry. I buzz along at my own pace, winding down from the day.

But I've got two things going for me: no kids and a husband who loves to eat late. My laid-back take on cooking most nights is not the norm. The editors here at *Eating Well* tell me about it all the time. Take our senior food editor, Carolyn Malcoun. She gets home by 6 and the whole family is sitting down to eat by 6:30 every night. She's a speedy cook, plus she's got some tactics, like meal planning and shopping on the weekends, that help her get it done.

Even for me there are times when I'm tired to the bone. Or I've stayed way too late at work. Sometimes a dead-simple meal is just what I need. So that's why I'm super-excited about this announcement: we're launching a line of *EatingWell* frozen dinners. They'll be in supermarkets across the country in September. And they taste amazing. My favorite is a Moroccan chicken spiked with harissa, served with zucchini, yellow peppers and Israeli couscous...whole-grain, of course.

As you might imagine, when we embarked on creating these frozen meals I was conflicted. I love to cook from scratch and as editor of *EatingWell*, my job is about inspiring you to do the same. But as I thought more, I considered that beyond cooking, the bigger picture is that we want to help you be healthier and eat better every day. So if we were able to offer healthy food that tastes delicious for people who are too busy to cook, wouldn't that be a great thing? And if we could make it affordable, even better, right? Seems like an easy yes.

The other big reason I'm pumped about these meals is that our food editor, Jim Romanoff, and I were there every step of the way, choosing the ingredients. The chicken, beef and pork come from animals raised without antibiotics. The meals have no artificial flavors, colors or preservatives. Each has a full 1-cup serving of vegetables. Plus we even went with Vermont Cheddar in our mac & cheese. Gotta be home-state loyal!

Of course we're still here to help you cook. And this issue we're aiming to make that easier than ever. From the *Nosh* section starting on page 33 to our feature stories, we are squarely focused on convenience. On page 88 we show you why roasting two chickens is better than one—it's all about the creative ideas for the leftovers. Then there are irresistible Indian recipes on page 110. Yeah, that's right. We've got Indian in our convenience issue. Sisters Shefaly Ravula and Amee Meghani show us how they cook Indian from scratch any night, even while juggling kids and careers. And finally, on page 99, it's to the freezer aisle with Carolyn Malcoun to see how she turns prepared frozen ingredients like potstickers into a vegetable-loaded stir-fry or mozzarella sticks into a roasted eggplant roll-up.

Now there's no excuse not to eat well!

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FEEDBACK

While I enjoyed your *Tastemakers* article on Ramona Button in the July/August issue, I would be remiss if I didn't mention the valiant efforts of Native Seeds/SEARCH, a nursery and seed bank in Tucson. Their aim is exactly the same as Ramona's: the promulgation and preservation of native Sonoran agriculture.
—Wendy Walker, Tucson, AZ

Page 61 of July/August ["A Real Taste of the Vineyard"] showed someone holding a false albacore, a great game fish—with a poor taste when cooked by conventional means. Does Chef Nathan Gould have a recipe?
—William Henn, Harwich, MA

Chef's reply:
False albacore is a very strong-flavored fish that is best on the grill with a lot of seasoning. I like creating a rub with brown sugar, cayenne, smoked paprika, salt and pepper. Then I char it on the hottest part of the grill. Once finished, I top it with fresh lime, lime zest and chopped cilantro.
—Nathan Gould, Chef de Cuisine, O Ya, Boston, MA

m_ubb
Mallory Ubbelohde's Sugar Snap Pea Salad from our May/June issue.
Share your EatingWell mag cooking success! #EATINGWELLMAGAZINE and tag @EATINGWELL
64 likes
m_ubb this salad. on repeat. allll week.

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Beaming into her iPhone, Mary Heffernan stretches out her plaid-shirted arm for a selfie with cow 077. She's showing off her handiwork (she stitched its torn eyelid a few days back) to her followers. A former city girl, Mary now raises free-range cows, pigs and lambs, documenting her rustic Northern California #ranchlife at Five Marys Farms on Instagram. From cuddling baby animals with her four girls, ages 3 to 8, to throwing a Five Marys "farm stand" ("cocktail party meets farmers' market") to four-wheeling into the sunset for farm chores, her photos would make anyone want to be a farmer. Former entrepreneurs and restaurateurs, Mary and her husband, Brian, had trouble sourcing ethically raised meat. So they bought their 1,800-acre ranch in 2013 to do it themselves. "We were just going to come up here on the weekends and raise the beef for our restaurant the way we wanted it done," Mary says. "We quickly realized that we liked this lifestyle and wanted it full-time." Their meat is hormone- and antibiotic-free, and their beef is dry-aged for richer flavor. Find it at *fivemarysfarms.com*. *—Lucy M. Casale*

#HEALTHYHACK

Caramelizing veggies boosts flavor, so you only need to add a little oil and salt. "Heat your baking sheet while the oven preheats. When you add cut-up veggies to the hot pan, it gets them more caramelized!"
Irene O'Hayer

CLOCKWISE FROM TOP: COURTESY MARY HEFFERNAN; ILLUSTRATION BY EMMA DIBBEN; COURTESY MALLORY UBBELOHDE

THE QUIZ

Test Your Smarts

1) Deciding your lunch order ahead of time vs. at the counter can save you how many calories per day?
A. 90
B. 115
C. 140
D. 205
(ANSWER: P.22)

2) Costa Rican coffee farms have moved to higher elevations. Why?
A. Flooding
B. New predators
C. Global warming
D. Competition for space
(ANSWER: P.74)

3) Which of these is a squash found in India that is traditionally used in Indian quick bread?
A. Handvo
B. Garam masala
C. Lauki
D. Chana dal
(ANSWER: P.110)

Correction: *In* Tastemakers *"Healing with Heritage" (July/August), we said Ramona Button's daughter Brandy does cooking demonstrations with her, but it's actually Ramona's daughter Velvet.*

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chatter

TRANSFORMATIONS Instead of numbers, two letters stared back at Tanisha Shanee as she stood on her scale in October 2012: "O-L." It meant "over limit" for the scale's maximum capacity, 350 pounds. For 5'6" Tanisha, who'd already heard "morbidly obese" from her doctor, and suffered from severe back pain, that was the final motivator. "I went into the kitchen and threw everything out," said Tanisha, who was 28 at the time. "The white bread, potato chips—everything unhealthy had to go. I knew I had to change my entire life, starting that night, or else I was going to die from an unhealthy lifestyle."

The Brooklyn, New York, resident ate out more than in (favoring Five Guys, Wendy's and takeout Chinese food), so she started spending more time in the kitchen. She dedicated three to four hours every weekend to prepping home-cooked breakfasts, lunches and dinners for the week. She included vegetables in every meal, replaced white bread with multigrain and fruit juice ("my devil") with water, flavored with fresh lemon and mint. She started working out regularly, too, dancing to YouTube Zumba videos, hula-hooping and following Shaun T's Rockin' Body videos.

A year and a half later, Tanisha was nearly 150 pounds lighter and her back pain was gone. And she didn't just lose weight—her attitude changed. "My philosophy became: if I'm going to feed myself amazing things and do amazing things with my body, then I need to do the same with my mind." Today, Tanisha is a motivational speaker and runs her own business helping others as a healthy lifestyle strategist. "I always tell people: Your health is your wealth. Put your health at the center of everything you do. It's going to be the driving force for you to be successful." *L.M.C.*

SEND US YOUR STORY! editor@eatingwell.com

THE BIG QUESTION

What's your top tip for making dinner quick and easy?

"Prep versatile items like quinoa, sautéed mushrooms and kale for multiple meals."
@GoWinNutrition

"Good knife skills."
Maria Boutell

"Lower the bar. Try a no-prep 'picnic dinner' with hard-boiled eggs, hummus, pita, olives, snap peas and grapes."
— Nicci Micco, director of content for Meredith Content Licensing

"Make reservations!"
MaryAnn

THE NEXT BIG QUESTION:

What's your biggest holiday cooking disaster?

Email us at editor@eatingwell or use #EatingWellBigQuestion on Twitter.

Set up a café at home with the Ninja Coffee Bar brewer. Our editors' pick, it froths up a variety of cool custom brews. Enter for a chance to win it on Sept. 9 at **EatingWell.com/WinCoffeemaker.**

*SEE ENTRY DETAILS AT FAR RIGHT

To learn about all things coffee, turn to "Complicated Cups," p.74.

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CLOCKWISE FROM TOP CENTER: TANISHA SHANEE, BLAKZWEEP, ADOBESTOCK, GRGROUP, ADOBESTOCK, JIM WESTPHALEN

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Pumpkins *with* Purpose

Pumpkins are taking on new colors for some good causes this fall. Keep your eyes peeled for a pink variety (*pictured here*), originating from the plains of La Junta, Colorado. Named Porcelain Doll, this pumpkin came from the experiment fields of plant breeder David Froese, who owns Colorado Seeds, Inc. with his wife, Carol Holsopple-Froese. Light pink on the outside with deep orange flesh, these pumpkins are not only gorgeous, but delicious, too—great in squash dishes, soups and desserts. And for Carol, a breast-cancer survivor, the pumpkins blossomed into a bigger idea to help others battling the disease. In 2012, she founded the Pink Pumpkin Patch Foundation, a nonprofit that raises money for breast cancer research through sales of these pumpkins. Today, several hundred growers across the U.S. and Canada sell Porcelain Doll pumpkins. Last year alone, sales of these squash contributed $20,000 to breast cancer research. For a list of growers near you, visit *pinkpumpkinpatch.org*.

Another pumpkin campaign to look for is the Teal Pumpkin Project. By displaying a teal-painted pumpkin this Halloween, you can tell trick-or-treaters with food allergies that your home offers nonfood treats too. Launched in 2014, this campaign now has 100,000 households participating nationwide. For more info, visit *foodallergy.org*. —*Lucy M. Casale*

KYLE SPRADLEY/UNIVERSITY OF MISSOURI

Reading, Writing and Rhubarb

The days of legislators wanting to make ketchup a vegetable in school meals have passed. Now, many schools are serving up tomatoes, kale and beets grown by local farms, and even sometimes by the students themselves, thanks to the USDA's Farm to School program. This initiative gives schools the resources to bring locally grown food into cafeterias. Plus, it teaches kids to make healthy choices through hands-on agriculture education, including school gardens, field trips to actual farm fields and vegetable taste tests.

"The advantages around eating healthier foods are profound," says Doug Davis, director of the Burlington (Vermont) School Food Project. "The Burlington school district leads the state in fruit and vegetable consumption. I think that has to be impacted by the education around the benefits of fruits and vegetables, but also by the fact that the students have access to them."

The national program started in 2010 with an annual allocation of $5 million and now reaches almost 24 million students. Demand is outpacing funding, so legislators are seeking to expand it to $10 million.

Even with more money, the complexities involved can be daunting to the unconvinced. School food-service directors argue that finding local food is time-consuming and more expensive. "People think that if you're not buying hand-picked, heirloom produce brought to you by bicycle, it's not farm to school," says Deborah Kane, director of the USDA's Office of Community Food Systems. Not the case: many large school suppliers already offer local food in their catalogs. And according to Kane, many schools say that going local reduces their food costs. (Seasonality plays a big role in cost, so there isn't a definitive yes-or-no answer to the question "Is farm-to-school food more expensive?")

Schools that aren't used to cooking from scratch pose another problem. "I've directed most of our personnel resources to training and technical assistance," says Kane. "It's easy to get precut carrots from your distributor, but it takes more time to process whole fresh carrots in the school kitchen." Her solution: "We'll go in and teach the skills to get the staff up to speed."

In areas where the school food directors haven't yet boarded the farm-to-school bus, parents and teachers can push for farm field trips or a classroom garden of potted herbs. "Dream big but start small," says Anupama Joshi, executive director of the advocacy group National Farm to School Network. "Just start somewhere." *Debbie Koenig*

Students who gardened in school **scored higher on science tests** than kids who studied only in the classroom.

18 percent of participating schools report **less wasted food.**

In 2013, the Los Angeles Unified School District spent over $50 million with local food businesses, **creating more than 150 jobs.**

Support Local

Farm to School enjoys bipartisan support, but the funding increase has gotten locked up in the Improving Child Nutrition and Education Act of 2016. Here's what you can do:

NATIONAL Tell your representative that you support the Farm to School Program.

STATE Visit *farmtoschool.org* for state-by-state details on efforts where you live.

LOCAL If your district's mandatory wellness policy doesn't include farm to school, ask what you can do to change that.

Pictured: Students at Burlington High School in Vermont harvesting rhubarb as part of the Farm to School curriculum.

PHOTO: SEAN TEBER

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My Butcher Is a Vegan!

THESE MEATLESS "MEAT" LOVERS COOK UP VEGAN VERSIONS OF FLAVORFUL RIBS, CRISPY BACON AND MORE

There's a reason many of us love a juicy steak or a beefy burger: it tastes good. Aubry Walch, who's eaten meatless for nearly 20 years, knows that meat's texture and flavor can be hard to re-create in a vegan diet. So, she and her brother Kale came up with their own solution: The Herbivorous Butcher, a vegan butcher shop, in Northeast Minneapolis.

"We made what we were hungry for," Aubry says. "Many people want to reduce or eliminate their meat consumption, but find that black-bean burgers and lentil sloppy Joes aren't always satisfying. But our vegan meats are deliciously deceiving." Many of the products are made with a high-protein wheat flour that takes on a texture similar to meat; others are soy-based. The "steak" is fibrous just like its animal-meat counterpart, the "bacon" gets crispy and there's a tender (but not mushy) bite to the "ribs." Their top sellers include Korean ribs, pastrami, and Italian sausage—all totally meat-free and tasty.

If you'd like to try for yourself, order their Vegan Starter Kit or Jerky Sampler online at *theherbivorousbutcher.com*. —*Julie Kendrick*

Aubry Walch's smile says it all—these vegan meats are "deliciously deceiving."

GO FIGURES

The Price of Eating Well

Can all Americans afford to eat their fruits and veggies? Not according to these numbers. By Julia Westbrook

$2.10

The minimum daily cost of eating 4½ cups of fruit and vegetables according to a new USDA study. The menu included 1 cup each of apple and orange and ½ cup each of romaine lettuce, carrot, Roma tomato, canned corn and frozen green beans.

7

Percent of income spent on groceries by the average American household.

23

Percent of income spent on groceries ($2,506) by households* in the lowest income bracket (making below $18,362 per year).

*Average size of household in this category is 1.7 people.

25,364,000

American households that earn under $18,362 per year. This is about 20 percent of all households

$452

How much those who make under $18,362 spend on produce annually

73¢

How much the daily recommendation of fruits and vegetables needs to cost for people in the lowest income bracket to fit them into their produce budget.

"America's food system has created a health crisis where processed junk food is universally cheap, while fresh fruits and vegetables are too often either too expensive or their availability is scarce. Our food policies need to recognize that healthy food is a necessity, not a privilege."

Tom Colicchio
Food Policy Action Co-Founder

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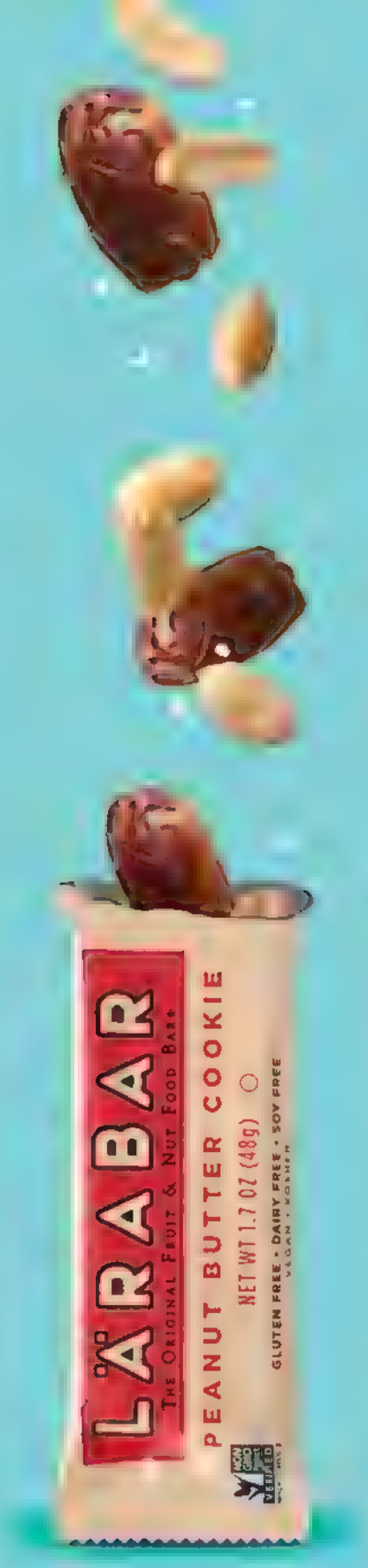


©Larabar

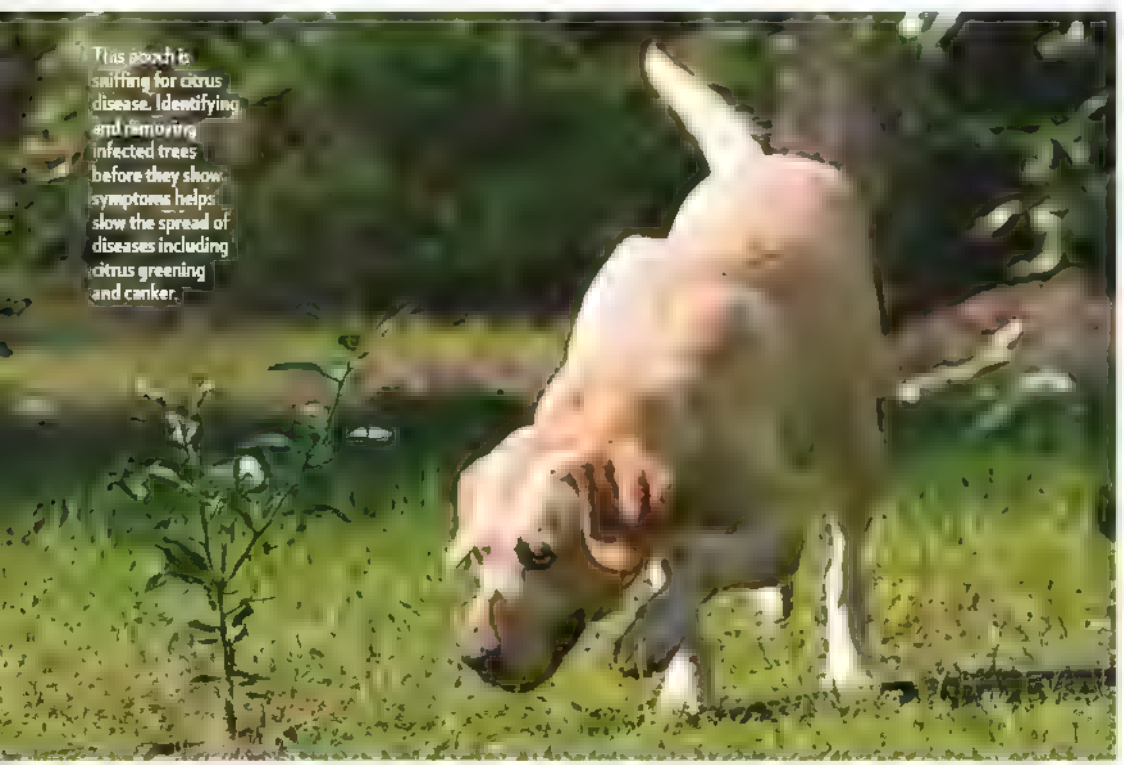
Farmhands with Paws

PAWSITIVE You probably picture farm dogs guarding cattle or herding sheep, but these canines are learning new tricks to help grow our food. *By Kristen A. Schmitt*

Citrus Disease Take-Down
An estimated 80 percent of the citrus trees in Florida have been infected by citrus greening disease—hitting the state's $10.7 billion citrus industry, hard. This fast-spreading disease turns the fruit bitter and ultimately kills the tree. But several research efforts show that dogs, including Labradors, Belgian Malinois, German Shepherds and Springer Spaniels, can be trained to recognize the volatile signature scents released by trees impacted by citrus greening or canker (another citrus disease) with near-perfect accuracy. The dogs even identify newly infected, symptomless trees.

Sniffing Out Invasive Weeds
Early intervention can prevent weeds from taking over, but spotting the initial few culprits in a field is like finding the proverbial haystack needle. Fortunately, Charlie, a Blue Heeler-Border Collie mix, and Jojo, a Red Heeler-Terrier mix, can sniff them out with ease—before they pollinate and spread. Through training, Jim Peters, co-owner of Samaritan Detection Dogs in Ames, Iowa, has cultivated his dogs' sense of smell to detect invasive weeds, such as lespedeza weeds. Another organization, Working Dogs for Conservation, also trains dogs to find pest plants, including yellow starthistle.

Eradicating Rats
Step aside, cats—Jordan Reed and his "Mongrol Hoard of Rascally Rat Wranglers" help California farmers deal with rats. Reed's American "Ratting" Terriers and "Farm" Feists (as he refers to the breeds) hunt rats that pilfer feed from dairy and chicken farms. When some rat poisons were banned in California in 2014 for impacting local wildlife, Reed knew his old-school hunt was the answer. Unlike approaches that try to seal off or sanitize the infested area, Reed's dogs eliminate the pests immediately. In four hours, a pack of three to five dogs can kill 50 to 100 rats. Their record: 224 rats.



This pooch is sniffing for citrus disease. Identifying and removing infected trees before they show symptoms helps slow the spread of diseases including citrus greening and canker.

Battleground Plates

Campus food fights this fall won't look anything like the ones in *Animal House*, thanks to the Presidential P.I.C.N.I.C for Food Systems Change.

Created by a team of students from Ohio State University, PICNIC stands for Potential Impact on Cultivating, Nourishing and Inspiring Communities. It calls for a picnic sit-in on campus on September 20. "We want to bring the conversation right to those who are making the policies," said Emily Evans, a member of the team. "Food is often used for celebratory occasions (like picnics), but harmful policies can limit who has access to celebrate food in this way." For instance, she explained, the people who prepare our food often face food insecurity, but wage laws let employers pay salaries below the poverty line.

Their outreach plan was developed for Plate of the Union, a campaign mounted by Food Policy Action Education Fund, the Union of Concerned Scientists and HEAL (Health, Environment, Agriculture, Labor) Food Alliance. For its College Challenge, students developed strategies to get politicians to talk about food issues this election season.

The Ohio State PICNIC plan was selected by a panel of chefs, government officials and activists. The students are coordinating with other college organizations to plan P.I.C.N.I.Cs in states across the country this fall. *—D.K.*

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Time to Eat

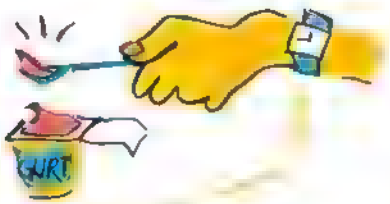
IT'S NOT JUST WHAT YOU EAT THAT COUNTS—IT'S WHEN YOU EAT IT TOO. FOLLOW THE CLOCK TO STAVE OFF HUNGER AND EAT LESS—NATURALLY **BY JESSICA MIGALA**

7 A.M.
FILL UP EARLY
Americans eat nearly triple the protein at dinner than at breakfast. But those who divvied it up among all three meals (30 grams per meal) boasted a 25 percent higher rate of muscle synthesis (which helps maintain a healthy metabolism) versus those who loaded up at dinner, according to a study in *The Journal of Nutrition*. Three eggs and ½ cup of cottage cheese will get you to 30 grams.

10:30 A.M.
SNACK ON ALMONDS
Almonds make a great midmorning snack since they may not increase your overall daily calories, according to research published in the *European Journal of Nutrition*. When people ate 1½ ounces of almonds (about 35 almonds, for about 250 calories) as a morning bite for four weeks, they naturally cut out 250 calories from the rest of their day—without even trying to.

11:30 A.M.
PRE-ORDER LUNCH
You know you'll be ready to eat at noon, so if you didn't pack a lunch, put in your order before you pick it up. Deciding what to eat ahead of time with the benefit of seeing the nutrition info online (versus making an of-the-moment decision) can help you save 115 calories, per research in the journal *Appetite*.

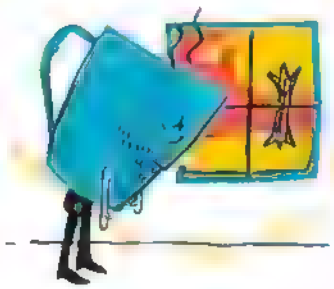
4 P.M.
SKIP THE JAVA
Resist the coffee jolt to beat the afternoon slump. Sipping joe this late in the day can cost you an hour of sleep, reports a study from the Henry Ford Hospital in Detroit. (And lost sleep can make you ravenous tomorrow.) Cut yourself off at least six hours before you plan to hit the hay. For a caffeine-free boost, head outside for a short walk.



3 P.M.
SNACK UP SMARTER
When the afternoon munchies come calling, resist vending-machine snacks and BYO yogurt instead. An afternoon yogurt snack helped people hold off hunger longer (versus crackers or chocolate) so they ate 100 fewer calories at dinner, reports a study in *Nutrition Journal*. Go for Greek versions: the higher protein content is key to keeping hunger at bay.

6 P.M.
EAT AT THE FAMILY
Sit down at the table—not the couch—for dinner. Rather than zoning out in front of the TV, eating without distractions is associated with a healthier BMI for both kiddos and adults (and strengthens your family bond), says Cornell University research. And chat it up. Talking about your day is also linked to a healthy weight, found the same study.

10 P.M.
TURN IN
Go to bed at a reasonable time. People who clocked a mere four hours of sleep gobbled 130 extra calories compared to adults who got closer to the recommended 8 hours, found research in the journal *SLEEP*. Night owls also tend to eat a greater proportion of their daily calories after 11 p.m. and usually go for sweet, salty and fatty foods at night.



RISE & SHINE Start your day right with a protein-packed breakfast at eatingwell.com/webextra

HANNAH SCHERBA

Instagram Your Way Fit

There are plenty of phone apps to help us make healthy eating choices, but new research shows that your phone's *camera* may be your secret weapon. Your selfies may help you reach weight-loss goals. A study through the University of Alicante, Spain, showed that keeping a diary of before-and-after photos can help you stick with your diet. During a 16-week weight-loss plan, these photos plus measures of waist circumference fueled dieters' motivation to stay committed because they could see the results.

And don't reserve your camera just for selfies. Next time you sit down to eat that salad, check out a social feed with pictures of healthy food (hint, hint: @EatingWell on Instagram), then snap a pic of your plate—it may make your meal even tastier, suggests a recent study in the *Journal of Consumer Marketing*.

While taking photos of unhealthy dishes made indulgent food more appealing, too, this power can be used for good. After being primed to think about other people eating healthier, those who took photos of their fruit salad before chowing down reported that their food tasted better than those who skipped the photo.

How does it work? Pausing to snap a pic of your food encourages you to think about your meal before you eat. Then, when you think of other healthy eaters, reflecting on your meal reinforces the idea that you're part of this healthy community as well. This adds an extra layer of satisfaction since you feel like you belong in the healthy eaters club.

—*Marissa Donovan, MS, RD*

Bite's Other Downside

There's a scientific reason why you can polish off a big bag of chips in one sitting: salty food may make you overeat, according to research in *The Journal of Nutrition*. People served mac & cheese prepped with a salty sauce ate 80 to 130 more calories than people given a lower-sodium version. Since we naturally sweat and pee out sodium throughout the day, we are evolutionarily programmed to seek and enjoy salty foods, says study co-author Russell Keast, Ph.D. This desire even overrides feelings of fullness, possibly causing us to overeat. To keep sodium (and overeating) in check, read nutrition labels and take it easy with the salt shaker. —*Julie Stewart*

SHARE WITH US Post pics of your EatingWell recipe on Instagram with #EatingWellMagazine for a chance to see your shot in an upcoming issue.

TOP: LIZ ANGEL; MAGAZINE: BOTTOM: ROB AND JOE/SHUTTERSTOCK

YOU HEARD WHAT?

The Truth Meter

GINGER CAN EASE AN UPSET STOMACH
Science shows ginger reduces nausea and vomiting—likely due to its tummy-calming compounds, gingerols and shogaols. Try 1 teaspoon of grated fresh ginger, two ginger chews, four 8-ounce mugs of ginger tea or 1 cup of (real) ginger ale.

YOU MUST DRINK 8 GLASSES OF WATER A DAY
True, most of us probably need more water, but there is no proof that eight glasses is the magic number. Hydration needs are pretty individual, so let your thirst and the shade of your urine (aim for light yellow) guide your drinking.

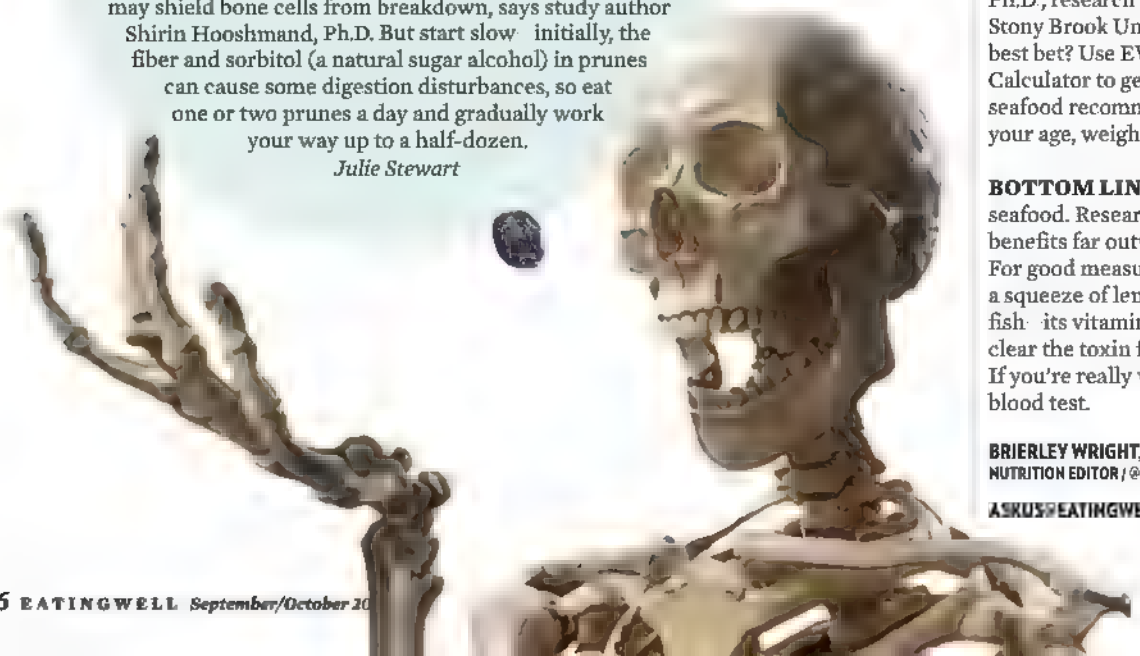
BREAD PROMOTES INFLAMMATION
Yes and no. Refined grains (think: white bread and pasta) are tied to inflammation. But whole grains contain B vitamins and fiber. These nutrients slow down digestion for more stable blood sugar, which decreases inflammation.

GARLIC IN YOUR EAR CAN CURE AN EAR INFECTION
There are no human studies showing garlic cures an ear infection. Two studies suggest that herbal mixtures containing garlic may reduce ear pain, but these studies faced scientific criticism.
—Marissa Donovan, M.S., R.D.

Bone-Saving Bites

Your skeleton will thank you for popping this tasty snack

Prunes can do more than keep you (ahem) regular. They may protect your bones, too, according to a new study published in *Osteoporosis International*. Postmenopausal women who ate five to six prunes daily for six months effectively prevented the bone-density loss seen in a control group of women who didn't munch the dried fruit. Antioxidant and anti-inflammatory compounds in prunes may shield bone cells from breakdown, says study author Shirin Hooshmand, Ph.D. But start slow: initially, the fiber and sorbitol (a natural sugar alcohol) in prunes can cause some digestion disturbances, so eat one or two prunes a day and gradually work your way up to a half-dozen.
Julie Stewart



"I eat a lot of fish. Should I worry about mercury?"

High levels of mercury can cause tingling or numbness in fingers and toes and vision problems. It affects infant brain development. Even consistent, low-level mercury exposure can leave you fatigued or make concentrating difficult.

Tricky thing is, the major source of mercury in our diet is seafood, a really healthy choice in many other ways. It's packed with protein, selenium, vitamins D and B_{12}. So don't bypass the seafood counter: USDA's Dietary Guidelines say to eat at least 8 ounces of seafood a week, choosing lower-mercury fish (salmon, shrimp, canned light tuna, tilapia, cod) and some omega-3-rich fish. Follow these guidelines and you should be fine.

So where's the line of "too much"? If you cook up a high-mercury fish (tilefish, shark, swordfish, albacore tuna, king mackerel) even just once a month, some say you might get too much mercury. And a 2016 Environmental Working Group report found that eating tuna steaks, sushi tuna, sea bass, halibut and marlin could also lead to too much. Still, there's no clear cutoff. "The kind of fish you eat matters just as much as the frequency," says Roxanne Karimi, Ph.D., research scientist at Stony Brook University. Your best bet? Use EWG's Seafood Calculator to get a customized seafood recommendation for your age, weight and gender.

BOTTOM LINE: Don't spurn seafood. Research shows its benefits far outweigh any risk. For good measure, maybe add a squeeze of lemon to your fish—its vitamin C *might* help clear the toxin from your body. If you're really worried, get a blood test.

BRIERLEY WRIGHT, M.S., R.D.
NUTRITION EDITOR / @BRIERLEYWRIGHT

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TOP (LEFT TO RIGHT): JASON DONNELLY; BRIAN BALSTER/SHUTTERSTOCK.COM; @KLMGLOW; ADOBESTOCK. @BURIY/ADOBESTOCK. BOTTOM: VIDEOLOGIA/GETTY IMAGES; PRUNE: ©TIMUR/ADOBESTOCK

Jennie-O
CAN TACOS
TASTE JUST AS GREAT
MADE WITH
TURKEY?
THOUSANDS IN MIAMI
SAID YES.
ONE BITE AND YOU'LL SEE WHY.
MAKE THE
SWITCH

Self-Exam

Are you eating right to prevent breast cancer? By Lori M. Kase

About one in eight American women will develop invasive breast cancer over the course of her lifetime—more than 246,000 women (and about 2,600 men) are expected to be diagnosed with breast cancer in 2016 alone. Though studies have identified cancer-fighting compounds in certain foods (particularly carotenoid-rich fruits and vegetables like carrots and tomatoes), experts increasingly believe it's the overall diet pattern that counts the most. Here are some promising eating strategies to lower your risk of breast cancer.

GO MEDITERRANEAN. It's not just good for your heart. Women following a Mediterranean diet rich in fruits, vegetables, legumes, nuts, fish and extra-virgin olive oil were 68 percent less likely to develop breast cancer than women put on a low-fat diet, Spanish researchers found. Previous research has shown that the Mediterranean diet is associated with lower cancer rates in general, but this is the first study to show a benefit for breast cancer specifically.

LIMIT SUGAR. Added sugar isn't so sweet for breast cancer risk, suggests preliminary research from The University of Texas MD Anderson Cancer Center. Mice who got upwards of 12.5 percent of their calories from added sugar were significantly more likely than mice on a no-added-sugar diet to develop breast cancer. (The average American gets 13 percent of their daily calories from added sugar.) The researchers found that the sweet stuff triggered enzymes leading to inflammation, which is thought to play a role in this disease. While results in people haven't been quite so dramatic, research suggests that sugar appears to have a similar impact on humans. Another bonus: cutting back on added sugar to about 24 grams (or less than 5 percent of your daily calories) per day can help you stay slim—important, since obesity is also associated with breast cancer risk.

CLOSE THE KITCHEN AFTER DINNER. In a study of women already diagnosed with breast cancer, those who put at least 13 hours between dinner and breakfast cut their risk of recurrence by 36 percent and had better blood sugar control, according to a new University of California, San Diego study. The researchers are optimistic that their findings may apply to preventing breast cancer, since high blood sugar may increase your risk for the disease.

TIPS FOR EATING DURING CANCER TREATMENT

Include protein at every meal. Protein helps your body repair damaged cells, prevent infections and slow weight and muscle loss. For extra protein between meals, snack on nuts, yogurt, cheese or hard-boiled eggs.

Stoke your appetite. If you don't feel like eating, fresh air and physical activity may boost your hunger. When you do eat, go for small portions, which won't seem so overwhelming. Try a smoothie or some soup if solid foods aren't appetizing.

Experiment with taste. Cancer treatments can affect how food tastes. To lessen metallic taste, avoid canned foods, use plastic utensils and glass cookware, and add a squeeze of lemon or a little vinegar to meals. Tame bitter with a little salt or sugar.

—Joyce Hendley, M.S.

Pinkwashing (*pink'wash-ing*; verb) Each October food and beverage packages display pink ribbons for National Breast Cancer Awareness Month. We love the idea of companies supporting breast cancer awareness, but the ribbon doesn't always translate into dollars for the cause. The pink ribbon symbol is not regulated, meaning companies don't need to fulfill any requirements—like donating a part of the proceeds to charities or research—to use it. The ribbon has even shown up on products that are possible contributors to the disease, like alcohol or fatty foods. Hence, "pinkwashing." To ensure your money goes to breast cancer research, give directly to the nonprofit organization of your choice. *—Lucy M. Casale*

SUPER SALADS Get recipes for Mediterranean salads at eatingwell.com/webextra

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Middle Eastern Braised Cauliflower (*page 34*)

PENNY DE LOS SANTOS, STYL.; NORA SINGLEY (FOOD); BETH PLATT, ES (PROPS)

The Best Season

Summer may get all of the love, but we're huge fans of fall. Sun-loving vegetables like tomatoes and eggplant are still available, plus cool-season crops like cauliflower and broccoli are coming to market. Find recipes for peak veggies on the pages that follow, plus quick dinners like bean soups (*page 48*), stuffed spaghetti squash (*page 54*) and more.

Roasted Kalettes with Pine Nuts & Currants

ACTIVE: 25 min **TOTAL:** 25 min

Kalettes are a relatively new hybrid of kale and Brussels sprouts. When roasted, they get crispy on the outside and stay tender on the inside.

- 2 6-ounce packages kalettes
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon minced garlic
- 1 tablespoon pine nuts
- 1 tablespoon currants
- 2 teaspoons lemon juice
- Lemon wedges for serving

1. Preheat oven to 450°F

2. Toss kalettes, oil, salt and pepper together on a large rimmed baking sheet. Roast for 8 minutes. Add garlic and pine nuts and toss to combine. Continue roasting until the kalettes are tender, 6 to 8 minutes more.

3. Transfer to a serving bowl. Stir in currants and lemon juice. Serve with lemon wedges, if desired

SERVES 4: about 1 cup each

CAL 133 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 1G / **SODIUM** 226MG / **POTASSIUM** 46MG.

Middle Eastern Braised Cauliflower

ACTIVE: 25 min **TOTAL:** 35 min

Here we take the flavors of Lebanese lubiyeh *(green beans and lamb braised in a flavorful tomato sauce) and apply them to cauliflower with delicious results.* (Photo: page 33.)

- 3 tablespoons extra-virgin olive oil, divided
- ½ cup finely chopped shallots
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh marjoram, plus more for garnish
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- 6 cups cauliflower florets (1-inch)
- 4 cups diced tomatoes

1. Heat 2 tablespoons oil in a large skillet over medium heat. Add shallots and garlic; cook, stirring frequently, until the shallots are soft but not brown, about 1 minute. Sprinkle with marjoram, cumin, coriander, salt and allspice and cook, stirring constantly, for 15 seconds. Add the remaining 1 tablespoon oil, cauliflower and tomatoes; gently stir to combine.

2. Cover and cook, stirring occasionally, for 10 minutes. Uncover and continue cooking, stirring occasionally, until the cauliflower is tender and the sauce is thickened, 5 to 10 minutes more. Serve garnished with fresh marjoram, if desired

SERVES 6: scant ¾ cup each

CAL 124 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 234MG / **POTASSIUM** 655MG.

CRAZY FOR CRUCIFERS Find plenty of recipes for cauliflower, broccoli and more at eatingwell.com/webextra

PENNY DE LOS SANTOS, STYL. NORA SINGLEY. FOOD: BETH FALTEY (PROPS

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CHERRY TOMATO

Toss 1 pint cherry tomatoes with olive oil, salt and pepper to taste. Roast on a large rimmed baking sheet at 450°F until they begin to burst, 12 to 15 minutes. Divide among the cheese-topped toasts and garnish with more oil and/or capers, if desired.

BEET

Steam 4 small red and/or golden beets until tender, 10 to 15 minutes. Peel when cool, then cut into wedges or slices. Toss with 1 Tbsp. each olive oil and white balsamic vinegar, ¼ tsp. salt and pepper to taste. Divide among the cheese-topped toasts and garnish with fresh thyme and/or flaky salt if desired.

Roasted Broccolini & Goat Cheese Tartines

ACTIVE: 20 min. **TOTAL:** 20 min.

These open-face sandwiches are having a moment. We love them with roasted broccolini but they're fab topped with beets or cherry tomatoes too (as shown on the cover; recipes above). Try stirring fresh or dried herbs into the goat cheese spread for even more variety.

- 1 bunch broccolini, trimmed
- 1½ teaspoons extra-virgin olive oil plus 2 tablespoons, divided
- ¼ teaspoon salt
- Ground pepper to taste
- 2 cloves garlic, very thinly sliced lengthwise
- 4 ounces soft goat cheese, at room temperature
- 2 tablespoons milk
- 4 slices crusty whole-grain bread (½ inch thick), lightly toasted
- Crushed red pepper for garnish

1. Preheat oven to 450°F.
2. Peel broccolini stems with a vegetable peeler. Toss on a rimmed baking sheet with 1½ teaspoons oil, salt and pepper. Roast, turning once, until the edges start to brown, about 10 minutes.
3. Meanwhile, heat the remaining 2 tablespoons oil in a small skillet over medium-high heat. Add garlic and cook, gently stirring, until just golden, 30 seconds to 1 minute. Remove with a slotted spoon to a paper towel-lined plate to drain, reserving the garlic oil.
4. Stir goat cheese and milk in a medium bowl until smooth. Season with pepper. Spread about 2 tablespoons of the mixture on each piece of toast. Top with some of the broccolini and garlic slices. Garnish with a drizzle of the reserved garlic oil and/or crushed red pepper, if desired.

SERVES 4: 1 tartine each

CAL 259 / **FAT** 16G (SAT 6G) / **CHOL** 14MG / **CARBS** 17G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 11G / **FIBER** 3G / **SODIUM** 404MG / **POTASSIUM** 270MG

PENNY DE LOS SANTOS, STYLIST; VANESSA GREENE, FOOD STYLIST; PENNY DE LOS SANTOS

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PEOPLE™
SARGENTO
Snacks String Cheese

Spaghetti with Broccolini Pesto

ACTIVE: 20 m n **TOTAL:** 20 m'n

It's worth seeking out Parmigiano-Reggiano to make the pesto – its superior flavor elevates the final dish

- 2 bunches broccolini
- 8 ounces whole-wheat spaghetti *or* capellini
- 1 cup packed fresh basil leaves
- ⅓ cup grated Parmesan cheese, plus more for serving
- Zest and juice of 1 lemon
- 1 small clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1 cup frozen shelled edamame, thawed

1. Put a large saucepan of water on to boil. Separate broccolini florets and stems. Cook the stems in the boiling water for 1 minute. Using a slotted spoon, transfer to a food processor **2.** Cook pasta in the boiling water according to package directions. Add the florets during the last minute of cooking. Drain the pasta and florets and return to the pot. **3.** Meanwhile, add basil, Parmesan, lemon zest and juice, garlic, salt and pepper to the food processor. Pulse, scraping down the sides a few times, until mostly pureed. Drizzle in oil and puree until smooth **4.** Add the pesto and edamame to the pasta mixture and gently toss to combine. Place over medium heat and gently stir until hot, 1 to 2 minutes. Serve with more Parmesan, if desired

SERVES 4: 1¾ cups each

CAL 454 / **FAT** 19G (SAT 3G) / **CHOL** 6MG / **CARBS** 57G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 19G / **FIBER** 11G / **SODIUM** 452MG / **POTASSIUM** 720MG.

BETTER TOGETHER
The vitamin C in broccolini helps your body soak up the tough-to-absorb iron in edamame—a win-win!

JASON DONNELLY STYLING: SUE HOSS/FOOD STYLE MITCHELL (PROPS)

DINNER IN A SNAP
More 20-minute dinner recipes at eatingwell.com/webextra

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Dijon Salmon with Green Bean Pilaf

ACTIVE: 30 min **TOTAL:** 30 min

The garlicky-mustardy mayo that tops the salmon is very versatile. Make extra to use as a dip for fries or to jazz up tuna salad.

- 1¼ pounds wild salmon, skinned and cut into 4 portions
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon minced garlic
- ¾ teaspoon salt
- 2 tablespoons mayonnaise
- 2 teaspoons whole-grain mustard
- ½ teaspoon ground pepper, divided
- 12 ounces pretrimmed haricots verts or thin green beans, cut into thirds
- 1 small lemon, zested and cut into 4 wedges
- 2 tablespoons pine nuts
- 1 8-ounce package precooked brown rice
- 2 tablespoons water
- Chopped fresh parsley for garnish

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil or parchment paper

2. Brush salmon with 1 tablespoon oil and place on the prepared baking sheet. Mash garlic and salt into a paste with the side of a chef's knife or a fork. Combine a scant 1 teaspoon of the garlic paste in a small bowl with mayonnaise, mustard and ¼ teaspoon pepper. Spread the mixture on top of the fish

3. Roast the salmon until it flakes easily with a fork in the thickest part, 6 to 8 minutes per inch of thickness.

4. Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add green beans, lemon zest, pine nuts, the remaining garlic paste and ¼ teaspoon pepper; cook, stirring, until the beans are just tender, 2 to 4 minutes. Reduce heat to medium. Add rice and water and cook, stirring, until hot, 2 to 3 minutes more

5. Sprinkle the salmon with parsley, if desired, and serve with the green bean pilaf and lemon wedges.

SERVES 4: 4 oz. fish & 1 cup pilaf each

CAL 442 / **FAT** 25G (SAT 4G) / **CHOL** 69MG / **CARBS** 22G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 4G / **SODIUM** 605MG / **POTASSIUM** 706MG.

How to Go Fast

Right Rice
For nights when you don't have time to make brown rice (which can take up to an hour to cook!), it's great to have precooked options on hand.

Go Frozen
Keep preportioned packages of fish in the freezer. Thaw as many as you need in the fridge overnight. Most stores stock sustainable options. (All wild salmon is a sustainable choice.) Go to *seafoodwatch.org* for more info.

ASHLEY DONNELLY STYLING; SUE HOSS (FOOD); SUE MITCHELL (PROPS); NSE (SALMON); DIANA TALUN ADOBESTOCK

PROMOT ON

LIVING well

YOUR GU DE TO PRODUCTS
PROMOTIONS & SPEC AL EVENTS

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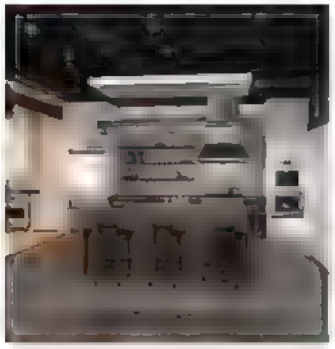

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SHOWROOM

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SOUTHWESTERN AVOCADO TUNA SALAD
(Serves 2–3)

TH S RECIPE WAS CREATED BY THE F T FORK FOR BUMBLE BEE SEAFOODS

INGREDIENTS

- 1 large ripe avocado
- 1 large lime, juiced
- 1 teaspoon gar ic salt
- 1 cup thawed southwest blend frozen corn
- 1 drained 5 oz can of Bumble Bee® So d Wh te A bacore

DIRECTIONS

In a medium bowl, mash together peeled, seeded avocado with l me juice and garlic salt. Stir in thawed southwestern-style corn and albacore tuna (dra ned and chunked) until combined. Serve over sa ad, n tomatoes or on bread

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1-800-9-NATURE

Slow-Cooker Char Siu Pork

ACTIVE: 30 min **SLOW-COOKER TIME:** 4-8 hours
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 5- to 6-quart slow cooker

While this method may not yield the crusty ends you'd get making traditional Chinese roast pork, the flavor more than makes up for it. It's worth heading to your local Asian market for dark soy sauce for this recipe (or order it online)—it's thicker than regular and less salty, with a touch of sweetness. You can make a substitute by combining regular soy sauce with a bit of molasses.

- ½ cup water
- 2 tablespoons honey
- 2 tablespoons plum sauce
- 2 tablespoons Shao Hsing rice wine or dry sherry (*see page 128*)
- 2 tablespoons dark soy sauce
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon toasted (dark) sesame oil
- ¾ teaspoon five-spice powder
- 4 scallions, cut into 1-inch pieces, plus more for serving
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, grated
- 4 pounds boneless pork shoulder (Boston butt), trimmed
- Sesame seeds for garnish

1. Combine water, honey, plum sauce, rice wine (or sherry), dark and reduced-sodium soy sauces, oil, five-spice powder, scallions, ginger and garlic in a 5- to 6-quart slow cooker. Add pork and turn a couple times to coat with the sauce. Cover and cook on High for 4 hours or Low for 8 hours.
2. Remove the pork to a cutting board. Very carefully transfer the liquid in the slow cooker to a large measuring cup. Let stand 10 minutes, then skim off the fat. Pour the defatted liquid through a fine sieve into a large skillet. Bring to a boil over high heat and boil until the liquid is starting to look syrupy, 12 to 15 minutes.
3. Shred or slice the pork and serve with the sauce and more scallions and sesame seeds, if desired.

SERVES 10: 3 oz. pork & 1½ Tbsp. sauce each

CAL 186 / **FAT** 7G (SAT 2G) / **CHOL** 54MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 4G) / **PROTEIN** 17G / **FIBER** 0G / **SODIUM** 423MG / **POTASSIUM** 347MG.

PLUG IN DINNER TONIGHT Get more delicious slow-cooker recipes at eatingwell.com/webextra

JASON DONNELLY STALING SUE ROSS/FOOD STYLING HEIDI PEL/PROPS

Traditional flavors with a whole grain twist!

Brown Rice Tabbouleh

For this recipe and more visit mahatmarice.com or carolinarice.com

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Nashville Hot Chicken

ACTIVE: 30 min. **TOTAL:** 2½ hrs (including 1 hr marinating time)

The story of this dish harkens back to Prince's Hot Chicken, a Nashville institution. Legend has it that to teach cheating Thornton Prince a lesson, his girlfriend spiced up his breakfast chicken, hoping it would be too hot to handle. But he loved it and a legacy was born. Serve it with soft bread and dill pickle slices, cue up some Jason Isbell and you'll swear you're in Music City yourself.

- 2 tablespoons paprika
- 2 teaspoons cayenne pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 cup buttermilk
- 4–4½ pounds bone-in chicken pieces (thighs, drumsticks *and/or* breasts), skin removed, trimmed
- Canola *or* grapeseed oil cooking spray
- 5 cups cornflakes, crushed
- ½ cup white vinegar
- 1 tablespoon packed brown sugar
- 2 tablespoons butter

1. Combine paprika, cayenne, garlic powder, onion powder and salt in a small bowl. Transfer 2 tablespoons of the mixture to a large nonreactive bowl or large sealable plastic bag. Add buttermilk and stir (or shake) to combine. (Reserve the remaining spice mixture.) If using breasts, cut in half into equal portions. Add chicken to the buttermilk mixture and marinate in the refrigerator for at least 1 hour or up to 24 hours.

2. Preheat oven to 375°F. Line a baking sheet with foil or parchment paper. Coat a wire rack with cooking spray and set it on the prepared baking sheet.

3. Place crushed cornflakes in a large bowl. Shaking off any excess marinade, coat each piece of the chicken with cornflakes, pressing to help them stick. Place on the prepared rack. Coat the top and sides of the chicken with cooking spray.

4. Bake the chicken until golden brown and an instant-read thermometer inserted into the thickest part registers 165°F, 45 minutes to 1 hour.

5. Combine the reserved spice mixture with vinegar and brown sugar in a small saucepan. Bring to a boil over high heat. Reduce heat to low, add butter and stir until melted. Remove from heat.

6. Transfer the chicken to a platter and drizzle with about half of the sauce. Serve immediately, with the rest of the sauce on the side.

SERVES 8: 1–2 pieces chicken each

CAL 295 / **FAT** 11G (SAT 4G) / **CHOL** 100MG / **CARBS** 16G / **TOTAL SUGARS** 4G (ADDED 3G) / **PROTEIN** 31G / **FIBER** 1G / **SODIUM** 464MG / **POTASSIUM** 338MG.

MAKE & BAKE
Get crunch without extra calories when you coat the chicken with cornflakes and bake it. We also saved a whopping 1,200 mg of sodium by slashing the salt in the traditional recipe.

MAKEOVER MADNESS Get our best makeover recipes at eatingwell.com/webextra

BLAINE MOATS; STYLING: SUE HOSS; FOOD: SUE MITCHELL; PROPS:

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sweet potato
+
curry powder
+
ginger
+
pigeon peas
+
chicken sausage
+
tomatoes
+
lime juice

Classic White Bean & Ham Soup
carrots
+
celery
+
parsley
+
thyme
+
navy beans
+
ham
+
green cabbage
+
white-wine vinegar

Cajun Bean Soup
carrots
+
celery
+
paprika
+
oregano
+
black-eyed peas
+
pinto beans
+
andouille sausage
+
collard greens
+
red-wine vinegar

Bountiful Bean Soups

Cook up satisfying pots of soup in a hurry with our easy 4-step formula.

1. MAKE YOUR BASE

Every great pot of soup starts with an aromatic base. We use onions and garlic for all the combos plus add another vegetable or two to develop deep flavor while the soup cooks.

Heat 2 Tbsp. extra-virgin olive oil in a large pot over medium-high heat. Add 1½ cups chopped onion and 2 minced cloves garlic plus 1 cup (total) chopped Base Vegetables (peel them first if needed/desired); cook, stirring occasionally, until the vegetables start to soften, 3 to 4 minutes.

- CARROTS
- CELERY
- PEPPERS
- POTATOES
- RUTABAGA
- SWEET POTATOES
- TURNIPS
- WINTER SQUASH

2. SAVOR THE FLAVOR

Cooking the seasonings for a bit in the hot oil allows the aroma and flavor to bloom. You can use a combination or just one—cook's choice!

Add 2 Tbsp. Spices and/or Herbs and ¼ tsp. salt; cook, stirring, for 1 minute.

SPICES
- CHILI POWDER
- CUMIN
- CURRY POWDER
- MINCED FRESH GINGER
- PAPRIKA
- ZA'ATAR

CHOPPED FRESH HERBS
- BASIL
- OREGANO
- PARSLEY
- THYME

SOUP FOR YOU Find more warming soup recipes at eatingwell.com/webextra

JASON DONNELLY; STYLING: LIESE HOOD; FOOD: SUE MITCHELL; PROP:

Southwest Bean Soup
poblano
+
chili powder
+
oregano
+
black beans
+
kidney beans
+
Mexican chorizo
+
corn
+
kale
+
lime juice

Middle Eastern Bean Soup
carrots
+
za'atar
+
oregano
+
butter beans
+
chickpeas
+
merguez sausage
+
tomatoes
+
zucchini
+
lemon juice

3. MAKE IT SATISFYING

There are so many varieties of beans available these days; we couldn't possibly name more than one type in some of these combos. A judicious addition of flavorful cured meat and/or sausage adds more flavor and protein without breaking the sodium bank.

Add 4 cups low-sodium chicken broth and two 15-ounce cans of Beans (rinsed); bring to a boil. Reduce heat to a simmer and stir in ¾ cup cooked Meat (crumbled or chopped). Cover and cook until the vegetables are tender, about 10 minutes.

BEANS
- BLACK BEANS
- BLACK-EYED PEAS
- BUTTER BEANS
- CHICKPEAS
- KIDNEY BEANS
- NAVY BEANS
- PIGEON PEAS
- PINTO BEANS

MEAT
- BACON
- HAM
- SAUSAGE

4. BUMP UP THE VEG

There are never too many vegetables in our opinion! Add some quick-cooking ones at the end along with a hit of acid—vinegar, citrus juice—to brighten the flavor.

Stir in 2 cups chopped Quick-Cooking Vegetables and 1 Tbsp. Acid; cook, stirring occasionally, for 5 minutes.

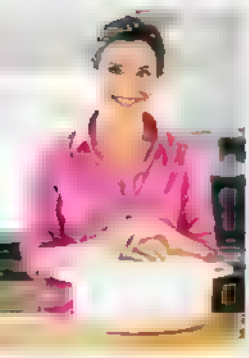
QUICK-COOKING VEGETABLES
- CABBAGE
- CORN
- DARK LEAFY GREENS, SUCH AS CHARD, KALE
- TOMATOES
- SUMMER SQUASH
- ZUCCHINI

ACID
- LEMON OR LIME JUICE
- VINEGAR

PREP: 30 min. TOTAL: 30 min.
SERVES 6: 1⅓–1½ cups each
NUTRITION INFO: page 130

Twice as Nice

Because meatloaf without leftovers is a shame



I have never understood the distaste some have for leftovers. I love leftovers that can be repurposed roast chicken becoming a chicken pot-pie, for instance (*see page 88*). But what I really love is leftovers that go from dinner one night to lunch another day with barely a glimmer of work on my part. Meatloaf is the poster child for this kind of "cook once, eat twice" thinking, especially when you make it into two nice-size meatloaves. Eat one the night you bake them. Save the other for the next day to enjoy as sandwiches (hot or cold, your choice) or set a slice atop a salad of vinaigrette-dressed mixed greens (your own homey version of a country pâté). This recipe uses my patented two-loaf technique, plus it's loaded with a mosaic of colorful vegetables. And it's made with turkey, which my family loves. Make it tonight. Thank me tomorrow.

Turkey & Vegetable Meatloaf

ACTIVE: 35 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days.

Ground turkey has a higher percentage of healthy unsaturated fat compared to ground beef

- 2 tablespoons extra-virgin olive oil
- ¾ cup finely diced sweet potato
- ⅓ cup minced shallots
- ½ cup finely diced red bell pepper
- ½ cup finely diced zucchini
- ¾ cup corn, fresh or frozen
- ¾ cup peas, fresh or frozen
- 1 clove garlic, minced
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 2 large eggs
- ½ cup low-fat milk
- ¾ cup whole-wheat panko breadcrumbs
- ¼ cup minced fresh parsley
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chopped fresh thyme or ½ teaspoon dried
- Pinch of cayenne pepper
- 2 pounds 85%-lean ground turkey
- ¼ cup ketchup

1. Preheat oven to 350°F. Coat a rimmed baking sheet with nonstick cooking spray.
2. Heat oil in a large skillet over medium-high heat. Add sweet potato and shallots and cook, stirring occasionally, for 3 minutes. Add bell pepper and zucchini; cook, stirring, until the vegetables are starting to soften, 2 to 3 minutes. Add corn, peas and garlic; cook, stirring, for 2 minutes more. Stir in salt and pepper. Turn the mixture onto a plate and cool for 10 minutes.
3. Whisk eggs in a large bowl; whisk in milk, breadcrumbs, parsley, Worcestershire, thyme and cayenne. Stir in the cooled vegetables. Add turkey and gently but thoroughly mix with your hands or a spoon to combine. Shape the mixture into two loaves (about 6 by 3 inches each) on the prepared baking sheet. Brush the top of each loaf with half the ketchup.
4. Bake until an instant-read thermometer inserted into the center registers at least 160°F, about 40 minutes. Let stand for 15 minutes before slicing.

SERVES 8: 4 (1½-inch-thick) slices per meatloaf

CAL 342 / **FAT** 20G (5AT 5G) / **CHOL** 136MG / **CARBS** 19G / **TOTAL SUGARS** 6G (ADDED 2G) / **PROTEIN** 24G / **FIBER** 3G / **SODIUM** 455MG / **POTASSIUM** 501MG.

COOK ONCE, EAT TWICE Get more healthy dinners with plenty of leftovers at eatingwell.com/webextra

PLAYING MOMS FAIL NO SUBSTITUTE FOR JUDY SUE MITCHELL PHOTOGRAPH; INSET, TODD COLEMAN

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Snacks to Pack

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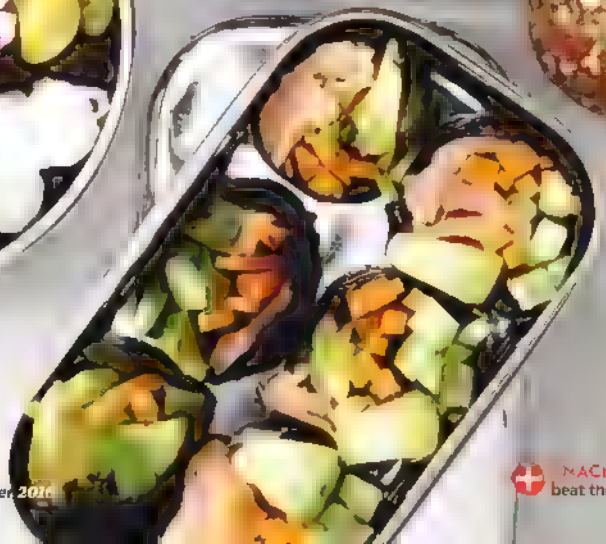

1 Crispy Curried Chickpeas

Rinse one 15-oz. can **chickpeas**; thoroughly pat dry. Toss with 1 Tbsp. each **extra-virgin olive oil** and **curry powder** and ¼ tsp. **salt.** Spread on a rimmed baking sheet. Bake in upper third of oven at 400°F, stirring twice, until browned, 30 to 35 minutes. Let cool on the pan for 30 minutes. If stored longer than 4 hours, recrisp at 400° for 5 to 10 minutes, if desired.

SERVES 4: ¼ cup each

2 Hummus-Stuffed Mini Bells

Combine ½ cup **hummus** with 1 Tbsp. chopped **Kalamata olives.** Stuff 8 cored **mini bell peppers** with 1 Tbsp. each of the olive hummus. Refrigerate for up to 1 day.

SERVES 4: 2 peppers each

3 Fruit & Nut Popcorn Trail Mix

Combine 1 cup **air-popped popcorn,** 2 Tbsp. **salted shelled pistachios** and 1 Tbsp. **dried cherries.** Store airtight for up to 1 day.

SERVES 1: 1¼ cups each

4 Mango-Date Energy Bites

Combine 1 cup each **unsweetened dried mango** (or other dried fruit), **pitted whole dates** and **raw cashews** and ¼ tsp. **salt** in a food processor; process until finely chopped. Form into about 20 balls, using 2 Tbsp. each. Store airtight at room temperature or refrigerate for up to 1 week.

SERVES 20: 1 ball each

Mango boasts antioxidants that may protect against leukemia and colon, breast and prostate cancers.

5 Smoked Salmon Maki Rolls

Arrange 1 oz. **smoked salmon,** ¼ sliced **avocado,** ¼ cup **shredded carrot** and 4 thin strips **cucumber** across the bottom third of 1 sheet **toasted nori seaweed.** Roll up tightly, wetting the last inch to seal the roll. Cut into 8 pieces. Refrigerate for up to 1 day.

SERVES 1

FOR NUTRITION ANALYSIS, TURN TO THE RECIPE INDEX ON PAGE 130.

SNACK ATTACK Find more healthy snack recipes to beat the afternoon slump at eatingwell.com/webextra

KARLA CONRAD, STYLING SUE HOSS; FOOD SUE MITCHELL (PROPS)

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way,
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MakeTheNaturalChoice.com

Chicken Enchilada-Stuffed Spaghetti Squash

ACTIVE: 35 min **TOTAL:** 50 min

These cheesy, saucy stuffed spaghetti squash make a satisfying low-carb alternative to taco night. If you have leftover cooked chicken on hand (see page 88), skip Step 2 and stir 2½ cups into the filling.

- 2 8-ounce boneless, skinless chicken breasts
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 1¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese

1. Position racks in upper and lower thirds of oven; preheat to 450°F.

2. Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes. Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.

3. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. *(Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)*

4. Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.

5. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.

SERVES 4: ½ stuffed squash half each

CAL 408 / **FAT** 22G (SAT 11G) / **CHOL** 136MG / **CARBS** 20G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 34G / **FIBER** 4G / **SODIUM** 426MG / **POTASSIUM** 833MG.

SAUCE IT UP

Canned enchilada sauce varies widely in both sodium and heat. Hatch has great flavor and one of the lowest amounts of sodium, at 300 mg per ¼ cup.

BLAINE MOATS. STYLING: SUE BOSS. FOOD: SUE BETZ HELL. PROPS:

HIGH FIVE Get more 5-ingredient dinners at eatingwell.com/webextra

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BREAKFAST 364 CAL Peanut Butter & Chia Berry Jam English Muffin: Microwave ½ cup unsweetened mixed frozen berries for 30 seconds; stir and microwave 30 seconds more. Stir in 2 tsp. chia seeds. Spread 2 tsp. peanut butter on a toasted whole-wheat English muffin. Top with the berry-chia mixture. Serve with 1 cup low-fat milk.

MORNING SNACK / 167 CAL Cottage Cheese & Pear Parfait: ½ cup each nonfat cottage cheese and canned diced pears (packed in 100% juice) and 4 chopped walnut halves.

LUNCH / 369 CAL Salmon Pita Sandwich: Combine 2 Tbsp. plain nonfat yogurt, 2 tsp. each chopped fresh dill and lemon juice and ½ tsp. horseradish; stir in 3 oz. flaked drained canned sockeye salmon. Stuff half of a 6-inch whole-wheat pita with the salmon salad and ½ cup watercress. Serve with 1 cup grapes.

AFTERNOON SNACK / 216 CAL Berry & Flax Smoothie: 1 cup each frozen mixed berries and baby spinach, ½ cup plain nonfat yogurt and 2 tsp. flax oil.

Fish is a great way to get omega-3s, but it's also a source of mercury (see page 26). Most experts say the benefits outweigh the risks, but the saying "too much of a good thing" applies here—don't eat it every day.

DINNER / 483 CAL

Lemon-Caper Black Cod with Broccoli & Potatoes

ACTIVE: 30 min. **TOTAL:** 30 min.

Cooking the fillets skin side down makes it easy to keep them intact when you flip them. Be sure to pat the fish dry before cooking—it's the key to getting the skin crispy.

- 1 pound baby potatoes, halved
- 12 ounces precut broccoli florets
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt, divided
- 1 pound skin-on black cod *(see Tip, page 128)*
- ¼ teaspoon ground pepper
- 2 tablespoons capers, rinsed and patted dry
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme *or* ¼ teaspoon dried
- 3 tablespoons shredded Parmesan cheese

1. Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.

2. Toss potatoes and broccoli with 1 tablespoon oil and ¼ teaspoon salt in a large bowl. Transfer to the prepared baking sheet. Cook, stirring once, until tender, 20 to 25 minutes.

3. Meanwhile, pat cod dry and cut into 4 portions. Season with the remaining ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add capers and cook until golden brown, 1 to 2 minutes. Using a slotted spoon, transfer the capers to a paper towel, leaving the oil in the pan. Place the cod skin-side down in the pan. Cook, undisturbed, for 5 minutes. Flip and cook until the fish flakes easily with a fork, 3 to 4 minutes more.

4. Combine the remaining 2 tablespoons oil, lemon juice, mustard and garlic in a small bowl.

5. Toss the potatoes and broccoli with thyme. Serve the vegetables and cod drizzled with the lemon vinaigrette and garnished with the capers and Parmesan.

SERVES 4: 3 oz. fish & about 1 cup vegetables each

CAL 483 / **FAT** 33G (SAT 6G) / **CHOL** 58MG / **CARBS** 27G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 5G / **SODIUM** 389MG / **POTASSIUM** 1,054MG

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Strip Steaks with Smoky Cilantro Sauce & Roasted Vegetables

ACTIVE: 40 min. **TOTAL:** 50 min.
TO MAKE AHEAD: Prepare sauce (Step 2) and refrigerate for up to 1 day.

Cast-iron pans are heat-conducting weapons, so they're perfect for searing steaks and roasting vegetables. Not a fan of cilantro? The sauce is great with parsley instead.

- 1 cup packed fresh cilantro
- 1 small fresh red chile, seeded and chopped
- 1 large clove garlic, finely grated
- 1 tablespoon tomato paste
- 2 teaspoons red-wine vinegar
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ½ teaspoon brown sugar
- 5 tablespoons extra-virgin olive oil, divided
- 1 pound Brussels sprouts, trimmed and quartered
- 1 large sweet potato, peeled and cubed (½-inch)
- ¼ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 8-ounce strip steaks, trimmed and halved

1. Preheat oven to 450°F.
2. Combine cilantro, chile, garlic, tomato paste, vinegar, paprika, cumin, brown sugar and 2 tablespoons oil in a small food processor. Pulse, scraping down the sides as needed, until pureed. Set aside.
3. Heat 2 tablespoons oil in a large cast-iron skillet over medium-high heat. Reduce heat to medium and add Brussels sprouts, sweet potato and ¼ teaspoon each salt and pepper. Cook, stirring often, until almost tender, 9 to 12 minutes. Transfer to a plate.
4. Season steaks with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Heat the remaining 1 tablespoon oil in the pan. Add the steaks and cook until browned, about 1 minute per side.
5. Nestle the vegetables around the steaks in the pan. Top the steaks with half the reserved sauce. Transfer to the oven and roast until the steaks are desired doneness, 8 to 10 minutes for medium. Stir the remaining sauce into the vegetables and serve them with the steaks.

SERVES 4: 3 oz. steak & 1¼ cups vegetables each

CAL 399 / **FAT** 23G (SAT 5G) / **CHOL** 81MG / **CARBS** 22G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 27G / **FIBER** 6G / **SODIUM** 559MG / **POTASSIUM** 1,009MG.

CAST-IRON CHEF Learn how to season your cast-iron skillet like a pro—and get more recipes to cook in it—at eatingwell.com/webextra

BLAINE MOATS, STYLING SUE MOSS/FOOD SUE MITCHELL (PROP)

Cheat, Drink, & Still Shrink

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my $200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function.** The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Eating Well readers: if you order this month, you'll receive $10 off your first order by using promo code **"EW10"** at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1 800 958 3392.

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Korean Crab Rolls

ACTIVE: 20 min **TOTAL:** 30 min

This coastal favorite gets a spicy twist from gochujang, also called Korean chile paste, found in many large supermarkets and Asian markets.

- ¼ cup rice vinegar
- ¼ teaspoon salt
- 1 cup thinly sliced English cucumber
- ¼ cup mayonnaise
- 2 tablespoons gochujang
- 2 tablespoons minced shallot
- 8 ounces jumbo or lump crabmeat, drained and picked over *(see Tip, below)*
- 4 whole-wheat hot dog buns, toasted if desired
- 4 large leaves butter lettuce

1. Whisk vinegar and salt in a medium bowl until the salt is dissolved. Add cucumber and toss to coat. Let stand at room temperature, stirring occasionally, for 20 minutes. Transfer the cucumber to a small bowl with a slotted spoon.
2. Discard all but 1 tablespoon of the vinegar; whisk in mayonnaise, gochujang and shallot. Add crab and gently stir to combine. Line each bun with lettuce and top with about ½ cup of the crab mixture and some cucumber slices.

SERVES 4: 1 sandwich each

CAL 293 / **FAT** 13G (SAT 2G) / **CHOL** 46MG / **CARBS** 29G / **TOTAL SUGARS** 7G (ADDED 6G) / **PROTEIN** 17G / **FIBER** 4G / **SODIUM** 731MG / **POTASSIUM** 193MG.

CRAB WALK
Crabmeat is available in a range of sizes. For a sweeter flavor and more toothsome bite, choose a larger grade, such as jumbo or lump.

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HUNGER STRIKE
Swap out your regular whole-wheat toast for a slice of this super-seedy loaf—you'll get three times the protein and fiber and keep hunger at bay until lunchtime.

Seeded Whole-Grain Quick Bread

ACTIVE: 25 min **TOTAL:** 4 hrs (including 2½ hrs cooling time)

TO MAKE AHEAD: Store airtight at room temperature for up to 3 days or refrigerate for up to 5 days.

Bake this loaf Sunday and you can enjoy it all week—if it doesn't disappear first. It's the perfect vehicle for both sweet and savory toppings, so try it as avocado toast one day and with honey the next. Store it tightly wrapped, as all the seeds make it a little more apt to dry out than typical whole-wheat breads.

- ⅓ cup unsalted sunflower seeds
- ⅓ cup unsalted pumpkin seeds
- 3 tablespoons flaxseed
- 3 tablespoons sesame seeds
- 2 cups white whole-wheat flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 large eggs
- 1½ cups buttermilk
- 1 cup rolled oats
- ½ cup avocado oil *or* extra-virgin olive oil
- 2 tablespoons honey *or* pure maple syrup

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.

2. Combine sunflower seeds, pumpkin seeds, flaxseed and sesame seeds in a dry medium skillet; toast over medium heat, stirring, until lightly brown and starting to pop, 5 to 7 minutes.

3. Reserve 2 tablespoons of the seed mixture in a small bowl; transfer the remaining seeds to a large bowl. Add flour, baking powder, baking soda and salt to the large bowl; whisk to combine. Whisk eggs in a medium bowl, then stir in buttermilk, oats, oil and honey (or maple syrup). Pour the wet ingredients into the dry ingredients; stir and fold together until combined. Scrape the batter into the prepared pan. Sprinkle with the reserved seeds.

4. Bake until golden brown and a toothpick inserted into the center of the loaf comes out clean, 45 to 55 minutes. Let cool in the pan for about 30 minutes before turning out onto a wire rack to cool completely.

SERVES 10: 1 slice each

CAL 340 / **FAT** 20G (SAT 3G) / **CHOL** 57MG / **CARBS** 32G / **TOTAL SUGARS** 6G (ADDED 3G) / **PROTEIN** 10G / **FIBER** 5G / **SODIUM** 418MG / **POTASSIUM** 249MG

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Fried Apple Pie Rolls

ACTIVE: 50 min **TOTAL:** 50 min

TO MAKE AHEAD: Prepare through Step 2, individua ly wrap and freeze for up to 6 months. Thaw overnight in the refrigerator before finishing with Step 3

Granny Smith is one of our favorite apple varieties to cook with. They hold their shape and provide tart balance to the sweet filling. Try dipping these crispy treats in whipped cream.

- **2 tablespoons butter**
- **5 cups diced peeled Granny Smith apples (about 4 medium)**
- **4 tablespoons sugar, divided**
- **1¼ teaspoons ground cinnamon, divided**
- **Pinch of ground nutmeg**
- **Pinch of salt**
- **1 tablespoon all-purpose flour**
- **2 teaspoons lemon juice**
- **8 egg roll wrappers**
- **4 teaspoons coconut oil**

1. Heat butter in a large skillet over medium-h gh heat unt. just starting to brown. Add apples, 3 tablespoons sugar, ¾ teaspoon cinnamon, nutmeg and salt. Cook, stirring occasiona ly, until the apples are softened, 6 to 8 minutes. Add flour and cook 1 minute more. Remove from heat and stir in lemon juice.

2. Place an egg roll wrapper on a clean work surface with one corner facing you. Lightly brush the edges with water. Place about ⅓ cup of the apple filling in the center. Fold both sides of the wrapper over the filling, then fold in the bottom corner and roll up as tightly as possible. Repeat with the remaining wrappers and filling. Clean and dry the pan.

3. Combine the remaining 1 tablespoon sugar and ½ teaspoon cinnamon in a sha low dish and place near the stove. Heat oil in the pan over medium heat until shimmering. Add the rolls and cook, turning frequently, until golden brown on all sides, 5 to 7 minutes total. Dredge the hot rolls in the cinnamon-sugar.

SERVES 8: 1 roll each

CAL 207 / **FAT** 6G (SAT 4G) / **CHOL** 11MG / **CARBS** 35G / **TOTAL SUGARS** 13G (ADDED 6G) / **PROTEIN** 4G **FIBER** 3G / **SODIUM** 202MG / **POTASSIUM** 113MG.

slice of apple pie in an egg roll wrapper cuts the calories in half and saves 15 grams of added sugar—that's nearly 4 teaspoons less!

BLAINE MOATS, STYLING; SUE HOSS/FOOD; SUE MITCHELL/PROPS

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COMPLICATUS

DRINK UP Americans guzzle 3.6 billion ounces of coffee each year. While our thirst for coffee overall has dropped slightly in the last decade, we are drinking more "specialty coffee" (the industry term for high-end brew). It now commands more than half of the country's market share and is the only kind served at Gimme! Coffee where Liz Clark (*left*) oversees sourcing and quality control. For more on Liz, see page 82.

THERE ARE COUNTLESS WAYS TO GET A GREAT CUP OF COFFEE. BUT ARE YOU PAYING ATTENTION TO WHAT'S GOING ON BEHIND THE BEANS—HOW THEY WERE GROWN AND GOT FROM BUSH TO CUP? HERE'S **BARRY ESTABROOK'S** *VENTI*-SIZE SCOOP ON WHAT'S REALLY IMPORTANT.

To get from Costa Rica's car- and truck-choked capital, San José, to the town of Santa María de Dota I had to travel over *Cerro de la Muerte*, or "Mountain of the Dead." It's well named. On one side, the land plunged away so precipitously that I averted my eyes. For two and a half hours, the Pan American Highway wound south. Then, as if to confirm my worst fears, the road suddenly disappeared, forcing my driver to skirt an ugly gash of rubble and mud where an avalanche had sent a tennis-court-size hunk of the asphalt tumbling into the abyss.

We emerged onto the rim of a bowl-shaped valley. Jagged 7,000-foot peaks embraced it on all sides. Clouds and mist partly cleared to reveal rain forest interspersed with rows of the dark green shrubs that bear coffee. It seemed impossible that the vegetation could maintain roothold on the nearly vertical hillsides. Santa María de Dota, with its red rooftops and symmetrical grid of streets, was nestled at the bottom.

In the world of coffee, Santa María de Dota is a kind of Shangri-la, sustained by a new financial arrangement the industry calls "direct trade." As the name implies, foreign roasters deal directly with individual farmers or cooperatives of small growers. Unlike Fair Trade, Rainforest Alliance or USDA Organic, direct trade is based on no formal certification program, but advocates claim that it's much better than any of those for growers, roasters and consumers—good coffee in all senses of the word. The 800 small family farmers whose beans are prepared for export at Santa María de Dota's local co-op, which is called Coopedota, get 40 percent more for their coffee through direct trade than they would if forced to sell—like oil and sugar—on the open commodity market. Even so, most of their plots are too small (five acres on average) to fully support a family. Producers need to supplement their coffee income with other crops or off-farm jobs. I spoke with Roberto Mata Naranjo, a grower who operates a modest 40 acres with six other members of his family and also serves as the general manager of Coopedota, and asked him where the town would be without direct trade. He slit a finger across his throat and said, "Dead."

"DIRECT TRADE SUPPORTS NEARLY ALL OF THE **6,000 PEOPLE** WHO LIVE AROUND HERE."

THE TOWN THAT COFFEE BUILT

Instead, Santa María de Dota's quiet, litter-free main street is lined with boutiques, cafés and small restaurants painted in pastel blues, yellows and reds. Palm trees provide shade. A soccer field and an adobe-colored church dominate the town center. Tourists visit the valley to hike the trails of adjacent national parks and to spot the area's more than 200 bird species: woodpeckers, warblers and the crow-size, rainbow-colored quetzal. Every scrap of rubbish is collected and recycled at no cost to residents. Clusters of schoolchildren, clad in white shirts, neckties and navy blue pants walk along the sidewalks on their way home for lunch. The town's quiet prosperity goes beyond what meets the eye. The students have access to a wide array of sports programs and can take special technical classes at the high school specifically designed so that they can find well-paying jobs in the area when they graduate. The town's senior citizens can retire to a home that resembles a well-kept inn. Coopedota pays for the trash collection, sporting teams, technical education programs and seniors' home. The cooperative runs a store where farmers get agricultural supplies at discount prices, and also acts as an unofficial bank, making short-term loans to members that are paid back when the crop gets delivered to the processing facility. Santa María de Dota is a town that coffee built.

Coffee was introduced to Santa María de Dota in the 1860s. Even though the region soon became known for the high quality of its beans, growers struggled financially, and were at the mercy of fluctuating international markets and distant processing companies and exporters. Coopedota was founded in 1960 by Mata's father, who pooled his money with a dozen other farmers to scrape together an initial $250 investment to start drying their own coffee beans instead of shipping them away to a company who would scrape off more profit. Mata became manager in 1994. He realized that Coopedota's members could retain even more profit if their crop was sold directly to foreign roasters, cutting out all middlemen, so he began searching for companies that would agree to such an arrangement. He persuaded a German importer to buy directly from the cooperative. At the time, it was a novel arrangement. Mata was a decade ahead of his peers in realizing the benefits of direct trade. Today, 80 percent of Coopedota's coffee is sold through direct trade, including deals with Allegro, which is based in Boulder, Colorado and owned by Whole Foods Market, and Peet's Coffee and Tea from the San Francisco Bay area. The rest is roasted and distributed to Costa Rican buyers. "If we had to sell at commodity prices, our yearly losses would be 20 percent," Mata explained. "Direct trade supports nearly all of the 6,000 people who live around here."

It was early afternoon and Mata, who is fit and athletic and looks a decade younger than his 60 years, was showing me around the co-op's factory-like mill. The year's harvest had just ended and hundreds of massive white polystyrene bags, each filled with 3,000 pounds of green coffee beans, were stacked two-high, awaiting export. A steel dryer that looked like an oversized laundry machine rotated slowly with a late-arriving shipment of beans. Two workers monitored its progress.

Mata led me into a laboratory-like room that smelled lusciously of fresh-roasted coffee. It contained a half-dozen circular tables, each set with several dozen small saucers of ground beans. "This is the cupping room where we taste each lot of coffee for quality control," he said. Cupping is the coffee industry's equivalent to vintners' wine tastings. At one of the tables, a young man reverently sniffed at the saucers. He jotted notes on a form, dipped what looked like a soup spoon in a small cup of brewed coffee, brought it gingerly to his lips, and erupted with a long, loud *slurp*. He immediately spat into a pitcher. "That boy graduated from our coffee program at the high school last year," Mata said. "He has a good palate and now a full-time job here." The average age of Coopedota members is 53 and by funding the school program, the co-op hopes to provide career opportunities that will allow the upcoming generation to remain in the area. "We want them to be able to survive here. If not working the farms, then doing jobs at the co-op or as agronomists advising growers," Mata said.

HEALTH MYTH:

Coffee is dehydrating.

Nobody ever landed in the emergency room with a case of dehydration from chugging too many cold brews. In fact, coffee can actually help you meet your fluid needs, according to the Institute of Medicine. And a brand-new *American Journal of Clinical Nutrition* study strengthens that point. When researchers tested 13 different drinks to find out how hydrating they were, coffee ranked comparably to water. —*Karen Ansel, M.S., R.D.*

THE GLOBAL COFFEE MARKET

Coffee is a huge business. Consuming countries import about $25 billion worth a year, and the United States leads the pack by a wide margin, buying $6

A HARD HARVEST
Warmer temperatures have forced farmers to plant coffee trees at higher elevations, including here just outside Santa María de Dota in Costa Rica. For pickers—who gather between 100 and 200 pounds a day—the work is grueling, carrying freshly picked coffee "cherries" in giant baskets along steep mountainsides.

PHOTOGRAPH BY ERIKA SCHULTZ SEATTLE TIMES

billion worth, about one-fifth of the world's total. Coffee is one of our most valuable food imports. About 125 million farmers and laborers in approximately 50 tropical countries on both sides of the equator earn a living from coffee. Coffee exports are the life blood of the economies for many of these countries. In Ethiopia, for instance, coffee brings in 30 percent of the struggling country's foreign exchange. It is also Vietnam's major agricultural export.

Unfortunately, the vast majority of the world's coffee growers do not benefit from direct trade deals. Most sell on the volatile commodity market, sometimes through unscrupulous middlemen who pay them as little as half the commodity price. Although Americans love to grumble when coffee prices rise (President Eisenhower went as far as ordering the Federal Trade Commission to investigate coffee producers during a price spike in the 1950s), only a small fraction of what we pay reaches the farmers and even less trickles down to the seasonal harvesters. Research shows that only about $1 of a $13 bag of specialty beans from a U.S. store reaches farmers (*see "Who Gets What," page 81*). In Ethiopia, where coffee originated, a worker makes only $1 a day. A Guatemalan harvester brings home more—about $3 a day—but not enough to feed a family. For some, the situation is more dire. The U.S. Department of Labor has found evidence of child labor in 14 coffee-producing countries. In Coopedota, by contrast, a coffee picker gets $3.50 an *hour*.

THE TOLL ON THE ENVIRONMENT

In addition to leaving producers in abject poverty, coffee production has also become a serious environmental issue. Traditionally, it was hard to distinguish between coffee farms and undisturbed stands of tropical forest. The arabica coffee variety has long been the industry's mainstay. It evolved to live in the shade under the rain forest canopy in the mountains of eastern Africa and still grows best beneath trees. This is good for indigenous mammals, reptiles and birds. Tree roots prevent erosion. Decaying leaves fertilize the soil. The resident birds and bats devour insect pests, making chemical insecticides unnecessary. Today, arabica still accounts for almost two-thirds of global production.

But in the 1970s, according to University of Texas researcher Shalene Jha, agronomists began urging farmers to plant new hybrid coffee plants of the robusta variety. Robusta thrives in full sun. It provides huge yields of lower-quality beans that usually find their way into instant coffees and most of the preground canned offerings on supermarket shelves (canned arabica grounds say so on the label). Growers around the world started clear-cutting forests and planting monoculture fields of robusta, as treeless as any Iowa cornfield. The hardy plants grow well, but demand massive applications of chemical fertilizer and consume enormous amounts of irrigation water. The result is rampant pollution and habitat destruction. Between 1996 and 2010, shade-grown coffee dropped from 43 percent of the total production to 24 percent as swaths of robusta took root in nations like Brazil and Vietnam. Today, coffee production is contributing to deforestation in 10 of the 11 most threatened world forests, according to the World Wildlife Fund. In Central America, a critical overwintering ground for migratory birds, 2.5 million acres have been cleared. The results are staggering. "Over a third of migratory bird species in North America have significantly declined in the past 40 years," Pete Marra, head of the Smithsonian Migratory Bird Center in Washington, D.C., told me. "Habitat destruction is a key factor and

HEALTH MYTH:

The darker the roast the bigger the buzz.

When you're looking for a boost, a deep, dark roast might seem like a logical choice. But light roasts are where the caffeine is really at. Roasting burns off some of coffee's caffeine, so as beans turn from green to gold to ebony they become less potent. If you need a kick, go with paler beans. You'll gain up to 39 percent more caffeine than you'd get from their darker cousins. —*K.A.*

GET BUZZED

Health experts give the green light to 400 milligrams of caffeine a day. Here's what that looks like:

1½ tall (12-ounce) Starbucks Blonde Roasts

2 tall (12-ounce) Starbucks Dark Roasts

3 large (16-ounce) McDonald's coffees

3 (2-ounce) espressos

4 (8-ounce) cold brews ›

4 (8-ounce) cups home-brewed drip coffee

6½ (8-ounce) cups of instant coffee

STATS KATE HARRISON, MS, RD

PHOTOGRAPH BY J.M. WESTPHALEN

HEALTH MYTH:

If you have heart troubles, stick with decaf.

THE TRUTH: Caffeinated coffee works like adrenaline, making your heart pump harder and faster. So it's no surprise that people with irregular heartbeats are often advised to steer clear. But that could be overkill. A 2016 *Journal of the American Heart Association* study found that caffeinated drinks, including coffee, didn't cause any increase in irregular heartbeats in elderly people. Translation: "If coffee doesn't seem to affect a person's arrhythmia symptoms, it's OK to consume it in moderation as long as they check with their physician," says Gregory Marcus, M.D., director of clinical research in the division of cardiology at the University of San Francisco and an author of the study. —*K.A.*

agricultural development is a big contributor to that. It's critical to do anything we can to preserve bird habitat."

Growers of finicky arabica bushes also face a threat: climate change. Although arabica is a tropical plant, it suffers when the temperature becomes too hot, especially at night. Arabica is comfortable at the same temperatures we are—between 65° and 70°F. Alessandro Craparo of the University of the Witwatersrand in South Africa recently published a study showing that if nighttime temperatures rise by slightly less than 2°F in the farming regions of Tanzania, the typical smallholder's yield will be cut by 30 percent. Craparo chose Tanzania because coffee is the country's most important export crop and also because the climate in its highlands is similar to that in other coffee-producing countries. "Attention should be drawn to the arabica-growing regions in Brazil, Colombia, Costa Rica, Ethiopia and Kenya" as well, he wrote in the study

THE ECONOMICS OF DIRECT TRADE

Taken together, these factors add up to a lot of ethical problems to address before you are fully awake in the morning. Several well-intentioned groups have established certification programs to simplify your decisions (*see "Who Is the Fairest?" right*). Unfortunately, each of these organizations focuses on a specific problem with coffee production and they all share one major flaw. "These organizations may help producers and conscientious shoppers, but because they don't include quality specifications they do nothing for a consumer looking for a delicious cup of coffee," says Dan Cox, president of Coffee Enterprises, a Vermont-based industry consultancy. And none offer one-stop shopping for those hoping to buy beans that are good for producers and the environment—except direct trade.

"Direct trade is not a certification," Coopedota's Roberto Mata explained. "It's a market-driven relationship. We become partners with the roasters and agree on price levels that work for both of us." Mata said that the direct trade price is considerably higher than what he would receive through Fair Trade. "With Fair Trade, you still have all those middlemen." Coopedota is certified by the Rainforest Alliance, but that brings in only about 10 cents a pound extra. Growers of organic beans get about 15 cents more. However, none of the certification programs alone provide enough of a premium to make production financially viable in Costa Rica, where the cost of labor is higher than in most other coffee regions.

I was introduced to Mata by Geoff Watts, who directs sourcing

(continued on page 84)

YOU CAN BUILD UP A BIT OF **A CAFFEINE TOLERANCE,** BUT FOR THE MOST PART, HOW MUCH MAKES YOU FEEL KEYED UP IS GENETIC.

MOLECULAR PSYCHIATRY, MAY 2015

WHO IS THE FAIREST?

So many organizations bestow seals of approval on coffee that picking one can be downright mind boggling. Do you prefer to protect rain forests or make sure farmers in developing countries receive a fair price? Here's a guide to common coffee labels.

FAIR TRADE USA This certifies about 5 percent of the coffee coming into the U.S. Buying a bag of beans bearing its seal assures that farmers receive at least $1.40 a pound (even if the commodity price is lower) and that rigorous social and environmental standards have been met. Fair Trade also contributes 20 cents a pound to community programs chosen by the farmers. Although it's not required, over half of Fair Trade coffee is also organic. Still, most farmers barely break even. Critics claim that the program allows middlemen to take more than their share of the price markup that consumers are willing to pay.

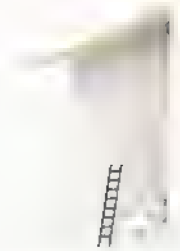
RAINFOREST ALLIANCE CERTIFIED This coffee must meet standards established by the Sustainable Agriculture Network, which was set up by an international consortium of environmental groups. All existing natural ecosystems on a farm have to be left undisturbed and rehabilitated if previously destroyed. If the land was formerly forested, at least 40 percent must remain covered in canopy. Farmers have to take water and soil conservation measures, and farmworkers' rights must be respected. There's no set guaranteed price for Rainforest Alliance farmers, leaving them at the mercy of commodity markets. And critics say a big weakness is that a bag of coffee can display the official seal even when as little as 30 percent of the beans in it actually meet Rainforest Alliance's standards. (Other certifiers require 100 percent of a package meet their standards.)

USDA ORGANIC Just like any other USDA certified organic crop, coffee must be grown without synthetic fertilizers and pesticides. Farms are regularly inspected by independent auditors to ensure that they comply. On the downside, organic regulations say little about workers' rights, and farmers only receive a premium of about 15 cents a pound.

BIRD FRIENDLY The Smithsonian National Zoological Park's Bird Friendly coffee maintains the most stringent environmental standards. To be Bird Friendly, a coffee must first gain USDA organic certification. Then, Smithsonian field researchers conduct scientific studies to establish the precise levels of leaf cover, tree height and plant species diversity necessary on a coffee farm to maintain suitable habitat for migratory birds, and by extension, other wildlife. Only a small number of farmers produce Bird Friendly coffee, making it hard to find. Visit the organization's website for a list of retailers.

DIRECT TRADE Roasters buy this coffee directly from the farmers or cooperatives of small farmers. For roasters and consumers, securing beans produced under the system requires more due diligence because there is no definition or independent verification. Consumers may find this seal—or a variation of it—on coffee containers, or simply descriptors that indicate the coffee is direct trade. "I'd be shocked if 25 percent of the coffee claiming to be direct trade actually is," says Cox. Nonetheless, many still see it as a good way to assure an economically and environmentally sustainable future for quality coffee.

8 STEPS FROM TREE TO CUP



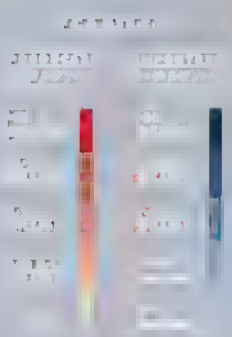
...f a coffee bush, called "cherries," grow tightly clustered against the branches of the shrubs. ...cherries ripen ... they're picked by hand ...maneuvering through ...ear vertical h...ades. ...e.g., Brazil,

"Dry" processing (where the whole cherries are dried in the sun and the skins are then milled off) is reserved for coffees grown in arid regions.

In wet processing, the cherries are brought to mills, like Coopedota's, where they are dumped into water-filled sluices, flowing into a trough that holds metal rasps that claw away the skins.

Once the cherries are denuded, the water is drained and they rest for up to 48 hours while the jelly-like mucilage that encases the cherry pit (or coffee bean) decomposes and ferments slightly.

A wash removes the mucilage, and the coffee beans naturally split apart, like the halves of a peanut. Next, they're dried either in a rotating drum dryer or on the sun-



BEAN BELT

...ffee is grown in more than 50...

...can justify...

...PANAMA...

...that the neglected coffee... ...and roasted some...

Historically, the finished beans were exported in 60-kg (132-lb.) burlap bags, but that often resulted in off-flavors. Today, they are packaged in synthetic polypropylene bags.

When the green coffee beans arrive at a roaster, they can keep without loss of quality for six months to a year. Once roasted, they lose quality rapidly.

WHO GETS WHAT?

The Specialty Coffee Association, which represents premium coffee roasters and retailers, has tracked the price of the bean from farm to cup. It based its calculations on the farmer receiving $2.89 a pound, a very high price given that the rate for commodity coffee in the first half of 2016 ranged between $1.11 and $1.32.

$46.80
Coffee shop retail price to the consumer for a pound of beans (when sold as 12-oz cups of brewed coffee)
$8.50
Wholesale price per pound to the retail store and coffee shop
$5.15 Importer's price per pound to the roaster
$13.00 Retail store price to the consumer for a pound of beans
$7.72
Roaster's price per pound to the wholesaler
$2.89 Farmer's price per pound to the importer

HOW TO BREW THE BEST CUP: COFFEE PRO

I went to Gimme! Coffee, a highly acclaimed roaster and retailer of specialty coffee, near Ithaca, New York, to learn how to brew the best cup of coffee possible. When I arrived, I had a hard time believing *this* was the world headquarters of a company that in 2013 was recognized as the United States' premier large coffee roaster by *Roast*, a trade magazine, and praised as the producer of "hands, shoulders, ears and skull above any coffee we've tasted anywhere." The building looked no different than any number of unused dairy barns languishing in the rolling countryside outside Ithaca.

My doubts evaporated when I stepped out of the car. The aroma emanating from the old barn was as tantalizing as the fragrance of any coffee shop. Inside the building, Gimme's soft-spoken, crew-cut founder, Kevin Cuddeback, explained that the company's name comes from the first thought that crosses his mind most mornings. "An average cook could never hope to duplicate the quality of four-star cuisine at home," Cuddeback said, leading the way into a laboratory-like room that was as sleek and modern as the building's exterior was rustic. "But you can make four-star coffee in your kitchen."

During the next 15 minutes, Liz Clark (*right*), an energetic young woman who is responsible for overseeing sourcing and quality control of the company's coffee, as well as being director of education, showed me how to do exactly that.

PHOTOGRAPH BY LUKE COPPING

1 USE REALLY GOOD WATER "We're obsessed with good water if you don't have great-tasting water from your tap, use bottled," she said, brandishing a jug of Poland Spring, which is a popular bottled brand in the Northeast. Coffee is 99 percent water. "Don't use distilled—it can result in bitterness." Otherwise, Clark recommends using a water filter

She then proceeded to do something that I've never seen anyone do in a home kitchen: she poured the water into a carafe that was positioned on top of a digital scale. "We always weigh water," she said. "The formula is 1 gram of coffee to 14.3 grams of water. Or you could weigh it once and eyeball it afterward," she said reluctantly. The Specialty Coffee Association of America, an industry group, recommends using 2 tablespoons of ground coffee for 6 fluid ounces of water (¾ cup), which will get you pretty close.

At home, I experimented Poland Springs vs Estavrook tap water (which comes from a rural well). NO difference. I'll continue to forgo the bottled stuff and avoid the expense of a water filter.

I remain firmly in the eyeball camp. No way will I go to that trouble, especially in my groggy morning state.

2 GRIND, THEN BREW IMMEDIATELY "Fifteen minutes after beans are ground, you start losing the volatile aromatics that give coffee its scent and flavor, and after 24 hours, they're pretty much gone," Clark said. She poured a few beans into a grinder and switched it on until they ran through, then dumped them in the compost bin, just to purge any residue from previous grindings. (She also regularly cleans her mill with tablets called Urnex Grinds.) "Use a burr or mill, grinder rather than a blade grinder," she said. Unlike blade grinders, which give uneven results, burr grinders produce a uniform grind. You also lose less of the essential oils, which get whacked out by blade grinders.

I purchased a $50 burr grinder. The new machine did produce uniform results, although at a noise level that sent my partner running from the kitchen and exacerbated my pre-caffeine headache. Still, I retired my faithful blade grinder.

When the machine had done its work, Clark placed a bowl of the ground coffee under my nose. The coffee grounds were medium grind (the texture of sugar granules), and had a bouquet every bit as floral as a good Pinot Noir's. "It's also important to buy fresh beans," she said. "If you don't have a coffee shop that roasts its own in your area, order your coffee online. Most specialty companies roast on demand." Paying for the highest-quality beans is a waste of money if they are stale, she said. You will get a better cup of joe from fresh beans of lesser quality.

Freshly roasted beans should be labeled: "WARNING! The contents of this container are so good you'll never go back to the coffee sold at your local supermarket." The difference was so noticeable that I became a convert.

3 DRIP IT Clark prefers the drip method (also referred to as pour-over) for her morning coffee. It delivers an excellent cup with minimal hassle. Her tool of choice is a Chemex coffeemaker, a simple device with two glass compartments, one above the other. The coffee grounds are put into a paper filter in the top compartment and water is poured over them. But before adding the coffee, Clark rinsed the brewer and filter with hot water, which she poured out, to preheat the vessel and wash any paper taste from the filter.

I use the same method, except with a less fancy, Melitta filter setup that drips directly into my cup.

I couldn't detect any difference from the less painstaking "pour it on and let the paper taste be damned" approach.

4 USE THE GOLDILOCKS PRINCIPLE The correct water temperature, neither too hot nor too cold, is necessary for a good cup. Ideally, according to Clark, it should be between 198° and 204°F—several degrees below water's boiling point. At home, you should let the kettle cool for a few minutes after it comes to a boil. But as with every aspect of her coffee ritual, Clark prefers to be precise. Plus, she's a bit of a gadget geek. She heated the water in an electric kettle with a thermostat that can be set to warm the water and then hold it at the ideal temperature range—in this case 202 degrees.

I try to avoid adding new gizmos to those already clogging our kitchen countertop, so I had my doubts. WRONG! The new high-tech kettle brings the water to a pre-set temperature immediately and holds it there. My daughter is getting her first apartment shortly. I'm sure she'll appreciate my old kettle.

My usual method isn't too far off: out of curiosity, I took the temperature of the water after my boil-and-wait method (Clark would be proud) and discovered it was too hot—210 degrees.

5 POUR SLOWLY AND EVENLY After checking the temperature gauge, Clark dribbled a little water over the ground coffee, just enough to moisten it. Once it had soaked in, she poured more water in and then stopped. "You want to let the gases escape," she explained, and sure enough, bubbles rose to the surface of the grounds and then burst. She poured the remaining water over the grounds slowly and in a circular motion to ensure that it was evenly distributed.

"You can over- or underextract coffee," she said. "Overextraction makes it bitter. That is caused by three things: too long a brew time, water that's too hot or coffee that's too finely ground. If your cup is too bitter, adjust those factors. Underextraction makes the coffee sour and oily. It's caused by just the opposite mistakes.

I now dribble, watch the bubbles rise, then pour slowly in a circular motion. My partner thinks I've lost my mind, but I find the ritual mesmerizing, even if I can't detect much difference in the end result.

6 AVOID THE CARDINAL SIN Even after you've brewed great coffee, it can be ruined by a mistake that's all too common. Never leave coffee sitting on a heating element, such as those found on many automatic-drip coffee machines. A good rule of thumb, Clark said, is never to drink a cup of coffee that was brewed more than an hour earlier.

This brings back memories of a machine that provided DAY-LONG, hot caffeine to a newsroom full of reporters—a horrid, tar-like liquid with distinct notes of burnt rubber. I've never had an automatic coffee maker in my kitchen since.

TODAY, COFFEE PRODUCTION IS CONTRIBUTING TO **DEFORESTATION** IN 10 OF THE 11 MOST THREATENED FORESTS IN THE WORLD.

(continued from page 79)
for Chicago-based Intelligentsia Coffee. Watts is an intense man with short hair that's just beginning to gray. In a typical year, he and other Intelligentsia staff spend 220 days on the road to meet with the 60 farmers and farmer cooperatives the company works with in 17 countries in Latin America and Africa, making inspections and sharing advice on how the producer can improve his crop. Intelligentsia, along with Counter Culture Coffee (based in Durham, North Carolina) and Stumptown Coffee Roasters (of Portland, Oregon) are credited with introducing the concept of direct trade to the United States in the early 2000s. "Before that, we were buying a lot of Fair Trade coffee," Watts said. "But we learned that there was a lot more we could do." He says the opacity of most traditional coffee contracts is the reason farmers get exploited. In direct trade, the farmer sees how much everyone in the supply chain receives. The contracts remain in force when coffee prices are low and when they are high. "Good times and bad. It's a bit like a marriage, in that way," said Watts.

For coffee growers who dealt with Intelligentsia, 2016 is one of the good times. The market price of coffee is hovering around $1.20, and Fair Trade is paying $1.40, but Intelligentsia is paying a basic price of $3 and up to twice that for coffee of extremely high quality. "The simple truth is that most coffee producers in the world are not making enough for the business of growing coffee to be sustainable," said Watts.

For their part, the farmers agree to work with Intelligentsia to steadily improve the quality of the beans they grow, which increases their retail value and adds to the profit margins of both producer and roaster. They also commit to what Intelligentsia calls "healthy environmental practices" and "sustainable social practices," although the company doesn't outline what, exactly, those terms mean.

Much like the term "local," the words "direct trade" carry no guarantee – you have to trust the company that you're dealing with, just like you trust the vendors at the farmers' market or the chef at a farm-to-table restaurant. "My advice to customers is to look for detail. Is the roaster's buying philosophy clearly spelled out? Are there detailed descriptions and photographs of the farms? Where are they, what's the elevation? What is the coffee variety? The more details that the description of a coffee has, the more likely it is that whoever is selling that coffee has truly engaged with the grower," said Watts.

COFFEE'S FUTURE?

Today, direct trade provides little more than a drop in the ocean of coffees, lattes, espressos and other coffee beverages consumed, and its environmental and economical benefits reach only a fraction of the world's producing areas. But that is changing, according to Watts. He says that much like the beer industry, where large corporations are waking up to the success of artisanal microbreweries and adopting their strategies (or buying the smaller brewers outright), international coffee companies have created specialty coffee divisions that use direct trade practices – such as purchasing beans from farmers and putting their names on the containers consumers buy – promoting quality and sustainability to differentiate these coffees from the rank and file.

Growers are also becoming more market savvy. Throughout Central America, where farmers are relatively well-connected to each other, word about the advantages of direct trade is spreading. Producers have begun to look beyond their traditional buyers to establish relationships with foreign buyers. No longer beholden to secretive middlemen, they have a clearer idea of what their coffee is worth. Once a rare sight at international coffee trade shows, farmers are showing up in increasing numbers and meeting face-to-face with the baristas and roasters to establish ties. "Direct trade could eventually have a substantial influence and compel consumers to think more conscientiously about coffee and change their relationship to it," Watts said.

In the future, the Coopedota farmers will need the benefits of direct trade even more than they do today. The climate in the area has warmed dramatically. Formerly, coffee there was grown at elevations between 5,000 and 5,500 feet above sea level. Hotter weather now requires farmers to grow it in fields as high as 6,500 feet as yields at lower levels are declining. The warm weather has allowed a fungal disease growers call rust to spread from Brazil and Colombia to parts of Central America, including Coopedota. "Preventing and catching rust costs money, plus productivity drops," Mata said. "We are treating it with chemicals that are less harsh than ones others use because they are better for the farmers and the consumers. But they cost more. The roasters we deal with understand this, so they are willing to pay."

I picked up a bag of beans before leaving Santa María de Dota. After my return, I made myself a cup every morning. It had a sweet, clear flavor with hints of spice and, sipping it, I felt connected to the little town in the Costa Rican mountains over 3,000 miles away. Drinking coffee that's good in all ways is worth a little extra effort. And money. Based on the price of a pound of Coopedota and the number of cups I made from it, the cost of enjoying my morning cup of some of the world's finest coffee came to about 40 cents a day.

BARRY ESTABROOK *is a three-time James Beard Award-winning journalist. His most recent book is* Pig Tales: An Omnivore's Quest for Sustainable Meat *(W.W. Norton, 2015).*

HEALTH MYTH:

Instant coffee is inferior.

Flavor-wise, instant joe may seem second rate, but not where antioxidants are concerned. A 2012 *Food Chemistry* study found that instant served up more antioxidants, particularly chlorogenic acid, than fresh brewed. "Chlorogenic acid may potentially reduce the risk of diabetes by slowing glucose absorption into the bloodstream after a meal," says Edward Giovannucci, M.D., a professor of nutrition and epidemiology at Harvard School of Public Health. *–K.A.*

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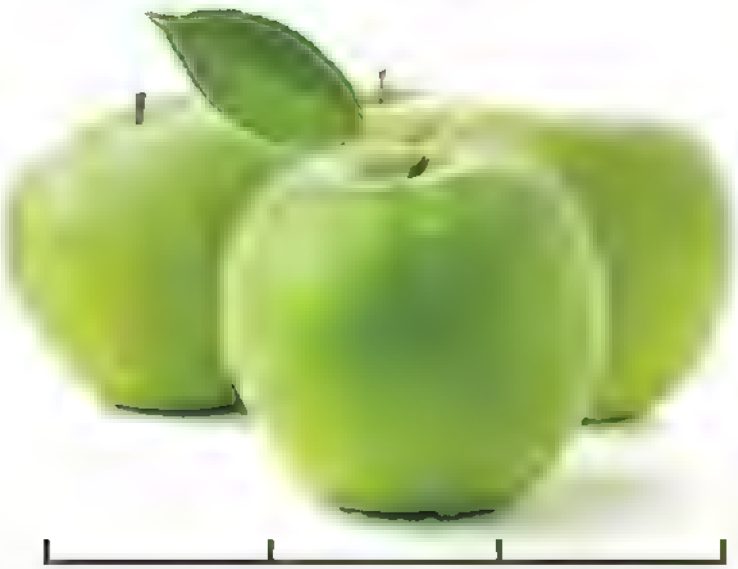

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SURE, I CAN WORK LATE. CAN YOU GO COOK DINNER AT MY HOUSE?
ANY MORE TACO NIGHTS AND MY FAMILY WILL THROW GUACAMOLE AT ME.
CAN'T THEY GENETICALLY MODIFY VEGGIES TO PREP THEMSELVES?
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illustrated by MIKE LOWERY
WORKED OUT, SKIPPED LUNCH, NEED FOOD NOW!
IS STARTING to LOOK WEIRDLY APPEALING.
IS THERE AN APP WHERE I CAN START DINNER WHILE STUCK in TRAFFIC?
WHATEVER IS, my SUPERMARKET HAS NEVER HEARD OF IT.
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ROAST 2 CHICKENS AND HAVE QUICK DINNERS all WEEK! PAGE 88
TEENAGE VEGAN ACTIVISTS TAKE OVER HOUSEHOLD.
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TEXT ROWAN JACOBSEN

THE CONVENIENCE ISSUE

SURVIVING THE DINNER GAME

WHY COOK ONE CHICKEN WHEN IT'S JUST AS EASY TO MAKE TWO?

Slice into juicy chicken for dinner tonight *and* have plenty for a recipe—or two—this week. And the bonus: these chickens have almost 50 percent less sodium than the rotisserie birds at your grocery store. Check out page 96 to master this double-down roasting technique.

ROAST

RECIPES BY
DAVID JONOA
PHOTOGRAPHY BY
HELEN NORMAN
ILLUSTRATIONS BY
MIKE LOWERY
READY
PLUS 57 OTHER IDEAS FOR HOW TO MAKE THE MOST OF YOUR LEFTOVERS!
ROASTED VEGETABLES FLAVOR the DRIPPINGS FOR YOUR MOST TASTY GRAVY YET!
RECIPE ON PAGE 93

Chicken & Mushroom Shepherd's Pie

ACTIVE: 45 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Prepare filling (Step 3) and refrigerate for up to 1 day. Reheat before topping and baking

The creamy chicken filling is spiked with sherry and the potatoes are mashed with olive oil. To make individual shepherd's pies, use six 10 ounce ramekins.

TOPPING

- 2 pounds Yukon Gold potatoes, peeled if desired and cut into 1-inch chunks
- ½ cup low-fat milk
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt

FILLING

- 2 tablespoons extra-virgin olive oil
- 8 ounces cremini (baby bella) mushrooms, halved and sliced
- 1 cup chopped onion
- 1 teaspoon chopped fresh thyme or ¼ teaspoon dried
- ½ teaspoon salt, divided
- ½ cup dry sherry *(see Tip, page 128)*
- 1½ cups Homemade Roasted Chicken Stock *(page 96)* or low-sodium chicken broth
- 3 tablespoons all-purpose flour
- 2 cups cubed cooked chicken (½-inch; about 10 ounces)
- 1 cup frozen peas and carrots
- ¼ teaspoon ground pepper

1. To prepare topping: Place potatoes in a large saucepan and add cold water to cover by 2 inches. Bring to a boil and cook until tender, 12 to 14 minutes. Drain and return the potatoes to the pan. Add milk, 2 tablespoons oil and ½ teaspoon salt; mash.

2. Preheat oven to 400°F. Coat an 8 inch-square pan or similar 2-quart baking dish with cooking spray.

3. To prepare filling: Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms, onion, thyme and ¼ teaspoon salt; cook, stirring frequently, until the mushrooms are starting to brown, 7 to 9 minutes. Pour in sherry and cook, stirring, until almost evaporated, 1 to 2 minutes. Whisk stock (or broth) and flour in a bowl. Add to the pan and cook, stirring, until thickened, 1 to 2 minutes. Stir in chicken, peas and carrots, the remaining ¼ teaspoon salt and pepper; cook, stirring, for 1 minute. Transfer to the prepared baking dish. Spread the mashed potatoes on top.

4. Place the baking dish on a baking sheet. Bake until the potatoes are browned in spots and the filling is bubbling, 30 to 35 minutes.

SERVES 6: about 1⅓ cups each

CAL 353 / **FAT** 12G (SAT 2G) / **CHOL** 41MG / **CARBS** 38G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 4G / **SODIUM** 485MG / **POTASSIUM** 1,130MG

57 THINGS YOU CAN DO WITH LEFTOVER CHICKEN

- Make classic chicken salad with grapes and tarragon
- Top homemade cheesy black bean nachos
- Add it to a quesadilla with sautéed spinach

- Simmer with vegetables and broth for a quick chicken soup
- Mix with Buffalo sauce, carrots, celery and blue cheese
- Make a chicken Cobb salad
- Use it for tacos topped with red cabbage slaw
- Top a baked sweet potato with chicken, scallions and Cheddar cheese

- Add it to a vegetable stir-fry with teriyaki sauce
- Toss with barbecue sauce for a sandwich
- Stuff into enchiladas with cheese and kale
- Make chicken pasta salad with broccoli, tomatoes and Italian dressing

Chicken Chili with Sweet Potatoes

ACTIVE: 25 min **TOTAL:** 40 min

Tons of spice, corn and bell pepper gives this one-pot chicken chili Southwestern flair. Serve with your favorite hot sauce, tortilla chips and a cold beer.

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups cubed sweet potato (½-inch)
- 1 medium green bell pepper, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 15-ounce can low-sodium cannellini beans, rinsed
- 2 cups Homemade Roasted Chicken Stock (*page 96*) *or* low-sodium chicken broth
- 1 cup frozen corn
- 2 cups cubed cooked chicken (½-inch; about 10 ounces)
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- Sour cream, avocado *and/or* cilantro for garnish

1. Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute

2. Add beans and stock (or broth) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.

3. Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired

SERVES 5: about 1½ cups each

CAL 324 / **FAT** 10G (SAT 2G) / **CHOL** 48MG / **CARBS** 35G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 8G / **SODIUM** 570MG / **POTASSIUM** 793MG.

Chicken Parmesan Dip

ACTIVE: 20 min **TOTAL:** 50 min

TO MAKE AHEAD: Assemble dip (Steps 2-3) and refrigerate for 1 day; let stand at room temperature for 30 minutes before baking.

No breading and frying here! Layer on the cheese and tomatoes with the leftover chicken for a tasty dip. Pair with soft Italian bread and a salad for an easy dinner or serve it as an appetizer for your next party.

- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- ½ teaspoon crushed red pepper
- 1 14-ounce can fire-roasted diced tomatoes
- ¾ teaspoon Italian seasoning
- 1½ cups shredded mozzarella cheese, divided
- 1 cup part-skim ricotta cheese
- 3 tablespoons chopped fresh basil, divided
- 1 cup diced cooked chicken (about 5 ounces)
- ¼ cup grated Parmesan cheese

1. Preheat oven to 375°F. Coat a shallow 6-cup baking dish with nonstick spray

2. Heat oil in a medium skillet over medium heat. Add onion, garlic and crushed red pepper; cook, stirring occasionally, until just starting to brown, 2 to 4 minutes. Stir in tomatoes and Italian seasoning and remove from heat.

3. Meanwhile, combine ½ cup mozzarella, ricotta and 2 tablespoons basil in a medium bowl. Set aside.

4. Spread ½ cup of the tomato mixture in the prepared baking dish. Top with the ricotta mixture, then sprinkle evenly with chicken. Spoon the remaining tomato mixture on top and sprinkle with the remaining 1 cup mozzarella and Parmesan.

5. Bake until bubbly and the cheese has melted, 25 to 30 minutes. Let stand for at least 5 minutes. Serve hot or warm, topped with the remaining 1 tablespoon basil.

SERVES 8: ½ cup each

CAL 180 / **FAT** 10G (SAT 5G) / **CHOL** 41MG / **CARBS** 7G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 1G / **SODIUM** 345MG / **POTASSIUM** 142MG.

Stuff in a burrito with rice, beans, guacamole and corn

Scatter over a mushroom and cheese pizza

Stir into a stew with turnips, carrots and onions

Thread onto skewers with tomato, basil and baby mozzarella

Slice into a pita with watercress and tzatziki

Make a quinoa bowl with hummus, cucumbers and tomatoes

Mix with soy sauce and chives for a dumpling filling

Tuck into a chicken and root vegetable potpie

Stir into leftover risotto and fry to make chicken arancini

Add to macaroni and cheese with broccoli

Sauté with peppers and onions to make fajitas

Make a frittata with chicken and herbs

Add to fried rice along with carrots and peas

Use for chicken Divan

Fry up a hash with frozen potatoes, spinach and chorizo

Add to a winter panzanella salad with roasted squash and sage

Roast Chicken Pan Gravy

ACTIVE: 20 min. **TOTAL:** 30 min.

The onion, carrot and celery that cook below the roasted chickens give the pan juices extra savory flavor—more than the meat drippings alone. Using cornstarch instead of flour as a thickener is a foolproof way to make sure your gravy stays smooth and lump-free.

1. Set a fine-mesh sieve over a 4-cup measuring cup (or similar-size bowl). Scrape the **pan juices** and **roasted vegetables** from the Roasted Chickens (*page 96*) into the sieve; press on the vegetables to extract as much liquid as possible. (Discard the vegetables.) Transfer the juices to the freezer for about 10 minutes.

2. Spoon the layer of fat off the top of the pan juices, then add enough **Homemade Roasted Chicken Stock** (*page 96*) or low-sodium broth to the defatted juices to make 1½ cups. Pour the mixture into a small saucepan and bring to a boil. Reduce heat to medium-high and boil until reduced to about 1¼ cups, 5 to 7 minutes.

3. Whisk 1 Tbsp. **cornstarch** and 1 Tbsp. **water** in a small bowl; whisk the mixture into the boiling liquid. Cook, whisking, until thickened, 1 minute. Remove from heat and stir in 1 tsp. **butter.**

MAKES: 1¼ cups, for 10 (2-Tbsp.) servings

CAL 12 / **FAT** 1G (SAT 0G) / **CHOL** 1MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 0G / **SODIUM** 11MG / **POTASSIUM** 31MG

Shred into Asian sesame noodles

Stir into gumbo with frozen okra and corn

Top cooked lentils and sautéed kale and drizzle with fish sauce

Layer with artichokes and ricotta cheese into a lasagna

Fold into a wrap with bacon, lettuce and mayo

Make a flatbread with pesto and fresh mozzarella

Mix with rice, peas and a light mushroom cream sauce

Make calzones with broccoli, cheese and marinara sauce

Toss with fish sauce, rice noodles and coleslaw mix for a Thai salad

Top a Caesar salad

Whip up chicken tetrazzini

Stir into avgolémono for a Greek-inspired chicken soup

Make a chowder with bacon and potatoes

Combine with breadcrumbs, scallion and egg for chicken patties

Add to roasted Brussels sprouts and cranberries

THE CHICKEN CHEAT SHEET

There are all sorts of labels on chicken packages. Here's how to decode the most common.

USDA REGULATED

- **Natural:** Simply means no artificial ingredients or added color and minimal processing.
- **Free Range:** The chicken had access to the outdoors for at least part of the day—whether they used it or not.
- **No Hormones:** These drugs are prohibited for all chickens in the U.S., so this label is moot.
- **No Antibiotics Added:** These chickens never received antibiotics for any reason.
- **USDA Organic:** Means chickens were fed organic feed grown without synthetic pesticides or fertilizers. Must also meet free-range standards.

NOT REGULATED BY USDA

- **Pasture-Raised:** These chickens have unlimited access to roam outdoors, meaning they're usually [illegible]

Because it's not regulated, you'll have to dig a little deeper to find out the farmer's practices.

- **Humane:** [illegible]

Chicken, Arugula & Butternut Squash Salad with Brussels Sprouts

ACTIVE: 25 min **TOTAL:** 35 min

Roasted autumn vegetables lightly wilt the arugula in this dinner salad. Keep prep time minimal with precut butternut squash and trimmed Brussels sprouts

- 2¾ cups precubed butternut squash
- 2½ cups halved Brussels sprouts (or quartered, if large)
- 1 teaspoon extra-virgin olive oil
- ¾ teaspoon salt, divided
- ⅛ teaspoon ground pepper plus ¼ teaspoon, divided
- 2 cups cubed cooked chicken (½-inch; about 10 ounces)
- 1 cup red grapes, halved
- ½ cup very thinly sliced red onion
- 1 5-ounce package baby arugula
- ¼ cup walnut oil *or* extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 2 tablespoons finely chopped shallot
- 2 teaspoons Dijon mustard

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with nonstick spray.

2. Toss squash, Brussels sprouts, 1 teaspoon olive oil, ¼ teaspoon salt and ⅛ teaspoon pepper in a large bowl. Arrange in a single layer on the prepared baking sheet (reserve the bowl). Roast, stirring once or twice, until the vegetables are tender, 20 to 22 minutes.

3. Combine chicken, grapes, onion and arugula in the reserved bowl. Add the roasted vegetables and toss to combine.

4. Whisk walnut oil (or olive oil), vinegar, shallot, mustard and the remaining ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Pour over the salad and gently toss to combine.

SERVES 6: about 2 cups each

CAL 242 / **FAT** 12G (SAT 1G) / **CHOL** 40MG / **CARBS** 18G **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 3G / **SODIUM** 378MG **POTASSIUM** 642MG.

Top toast for an open-face melt with Gruyère

Mix with wild rice and stuff a delicata squash

Use as a layer in 7-layer dip

Thread onto skewers and serve with peanut sauce

Use as a topping for ramen with bok choy

Sauté with eggplant and peppers and serve over polenta

Toss with hot gnocchi, chard and cheese

Make hand pies with mashed sweet potatoes

Slide into a biscuit and top with gravy

Make a Mexican quiche with black beans, corn and salsa

Add to Chinese lo mein with egg noodles

Fold into an egg roll filling with napa cabbage and hoisin sauce

Stuff into crêpes with goat cheese and roasted butternut squash

Combine with mayo and Cheddar to make chicken pimiento cheese

Homemade Roasted Chicken Stock

ACTIVE: 15 min **TOTAL:** 3½ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months.

If you've ever wondered why soups and sauces taste so good at restaurants, homemade stock may be the answer. After removing the meat from the roasted chickens (right), simmering the bones with herbs and veggies makes a virtually sodium- and calorie-free broth that has a deep, delicious flavor.

1. Place 2 roasted **chicken carcasses** (meat removed) in a large pot. Add 1 cup chopped **onion,** ¾ cup chopped **carrots,** ¾ cup chopped **celery,** 6 cloves **garlic,** 6 sprigs fresh **parsley,** 3 sprigs fresh **thyme,** 1 **bay leaf** and 10 **peppercorns.** Add 12 cups **water;** bring to a boil. Reduce heat to maintain a gentle simmer; cook, uncovered, for 3 hours.
2. Let stand 30 minutes. Strain the stock through a fine-mesh sieve into a large bowl; discard the solids. If you have more than about 5 cups of stock, transfer it back to the pot and continue simmering until reduced to 5 cups.

MAKES: 5 cups

ANALYSIS NOTE: AFTER STRAINING AND SKIMMING, STOCK HAS NEGLIGIBLE CALORIES AND NUTRIENTS.

Roasted Chickens

ACTIVE: 20 min **TOTAL:** 2¼ hrs

Roasting two whole birds side-by-side on one pan means you only have to heat the oven—and cook—once but you'll have enough meat for days. Rotating the chickens on the pan during cooking ensures all sides are evenly cooked and golden brown. **(Photo: page 88.)**

- 2 5-pound whole chickens, giblets removed
- 1 tablespoon kosher salt
- 1 teaspoon ground pepper
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 teaspoons extra-virgin olive oil

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with nonstick spray.
2. Let chickens stand at room temperature for 30 minutes. Thoroughly pat dry with paper towels, inside and out. Gently separate the skin from the meat and season under the skin and inside the cavity with salt and pepper. Tie the legs together with kitchen string, mostly closing the cavity opening. Tuck the wing tips under the chickens. Place onion, celery and carrot on the prepared baking sheet. Brush the chickens with oil and set on top of the vegetables, about 2 inches apart.
3. Roast in the center of the oven for 40 minutes. Using tongs and a spatula to help you, rotate each chicken 180° (so the side facing in is now facing out). Continue roasting until an instant-read thermometer inserted into the thickest part of the thigh, without touching bone, registers at least 165°F, 20 to 30 minutes more.
4. Tilt each chicken so the juice from the cavity runs onto the pan. Reserve the juice and vegetables for Roast Chicken Pan Gravy, if desired (*page 93*). Transfer the chickens to a clean cutting board. Let rest 15 minutes. Remove the string before carving. *(See page 128 for step-by-step carving instructions.)*

SERVES 16: 8 (3.5-oz.) servings without skin per chicken

CAL 182 / **FAT** 7G (SAT 2G) / **CHOL** 83MG / **CARBS** 0G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 0G / **SODIUM** 290MG / **POTASSIUM** 230MG.

DAVID BONOM *develops recipes, writes and teaches about chicken and many other food topics*

STYLED BY MEGAN ROSS. FOOD STYLING BY AYESHA PATEL (FROM)

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FROZEN FOOD HACKS

The frozen food aisle often gets a bad rap, but it's possible to find healthier options. We help you navigate the cold and give you new ways to turn our picks into a creative dinner.

Maybe you don't venture into the frozen food section unless it's 100 degrees outside. But I do! Along with frozen fruit and vegetables, I keep my freezer stocked with a handful of carefully curated convenience foods. Fish sticks, potstickers, veggie burgers, mozzarella sticks, meatballs and hash browns are among my favorites. I'm all for cooking from scratch—I do it for a living! But sometimes I just don't have time for that. That's when I grab a box or bag from the freezer and transform it into a great meal. And you can too. Armed with some shopping advice and the tasty recipes to transform these staples, you may find yourself in the freezer aisle more often.

BY CAROLYN MALCOUN

FOOD PHOTOGRAPHY BY PENNY De Los SANTOS

ADDITIONAL REPORTING BY JULIA WESTBROOK

JIM WESTPHALEN, STYLING; CAREY MARSH, HAND LETTERING; MIKE LOWERY

ACTIVE: 40 min **TOTAL:** 40 min

- 3 tablespoons canola oil, divided
- 3 frozen veggie burger patties
- 1 large sweet potato, diced (½-inch)
- 1 medium red onion, diced (½-inch)
- 4 cups chopped kale
- ¼ cup water
- 3 cloves garlic, finely chopped
- 2 teaspoons chopped fresh thyme or ¾ teaspoon dried, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper, plus more for garnish
- ¼ cup mayonnaise
- 2 tablespoons ketchup
- 1 teaspoon hot sauce, or to taste
- 4 large eggs

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add veggie burgers and cook, turning occasionally, until browned, 5 to 7 minutes. Transfer to a clean cutting board; dice when cool.

2. Heat 1 tablespoon oil in the pan over medium heat. Add sweet potato and onion and cook, stirring occasionally, until browned and tender, 13 to 15 minutes, reducing heat as necessary. Stir in kale and water and cook, stirring, until wilted, about 2 minutes. Add garlic and thyme; cook, stirring, for 30 seconds. Stir in the diced veggie burgers, salt and pepper. Cook, stirring, for 1 minute. Transfer to a bowl and cover to keep warm.

3. Meanwhile, mix mayonnaise, ketchup and hot sauce in a small bowl.

4. Wipe out the pan and heat the remaining 1 tablespoon oil over medium heat. Cook eggs, without flipping, for 3 to 4 minutes for sunny-side up. Serve the hash and eggs with the sauce. Garnish with more pepper and thyme, if desired.

SERVES 4: 1½ cups hash, 1 egg & 1 Tbsp. sauce each

CAL 525 / **FAT** 38G (SAT 5G) / **CHOL** 192MG /**CARBS** 31G / **TOTAL SUGARS** 9G (ADDED 2G) / **PROTEIN** 16G /**FIBER** 9G / **SODIUM** 579MG / **POTASSIUM** 751MG

VEGGIE BURGERS

Shoot for 200 mg or less of sodium per patty. Skip any with added sugar. You may choose to avoid caramel color—it contains a compound that can cause cancer, but it's used in such small quantities it shouldn't be a health concern.

OUR FAVORITE

Sunshine Burgers
Black Bean South West

MOZZARELLA STICKS

Opt for a brand that has added sugars as close to the end of the ingredient list as possible. Aim for less than 250 mg of sodium per serving.

OUR FAVORITE

Alexia Mozzarella Stix with Olive Oil & Italian Herbs

Eggplant & Mozzarella Stick Roll-Ups

ACTIVE: 35 min **TOTAL:** 35 min

Wrapping tender slices of eggplant around mozzarella sticks yields eggplant Parmesan-like results in a fraction of the time. Serve with a green salad

- 8 frozen mozzarella sticks
- 1 medium eggplant (about 1 pound)
- ½ teaspoon kosher salt plus ⅛ teaspoon, divided
- 1 clove garlic, finely chopped
- 1 cup finely diced tomatoes
- ¼ cup finely chopped fresh basil, plus more for garnish
- ½ teaspoon ground pepper, divided
- 2 large eggs
- 2 tablespoons extra-virgin olive oil, divided

1. Preheat oven according to directions on mozzarella stick package.

2. Trim eggplant. Cut off the sides to make it somewhat rectangular and even, then cut lengthwise into eight ¼-inch-thick slices. Place the slices on another baking sheet. Sprinkle with ¼ teaspoon salt. Let stand for 10 minutes.

3. Mash garlic and ⅛ teaspoon salt with a fork. Transfer to a bowl and mix with tomatoes, basil and ¼ teaspoon pepper. Set aside.

4. Bake mozzarella sticks according to package directions.

5. Meanwhile, blot the eggplant slices with paper towels. Sprinkle with the remaining ¼ teaspoon each salt and pepper. Line another baking sheet with paper towels.

6. Lightly beat eggs in a shallow dish. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Dip 2 eggplant slices in the egg, letting excess drip off. Cook the eggplant until brown on both sides, 2 to 4 minutes total. Transfer to the paper-towel lined baking sheet. Repeat with 2 more eggplant slices. Add the remaining 1 tablespoon oil. Cook the remaining eggplant in 2 batches, adjusting heat as necessary.

7. Remove the paper towels from under the eggplant. Roll up a hot mozzarella stick in each eggplant slice. Bake the roll-ups until hot, about 5 minutes. Serve with the reserved tomato sauce, garnished with basil, if desired.

SERVES 4: 2 roll-ups and ¼ cup sauce each

CAL 264 / **FAT** 16G (SAT 4G) / **CHOL** 103MG / **CARBS** 20G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 5G / **SODIUM** 446MG / **POTASSIUM** 505MG.

Meatball & Creamed Spinach Skillet

ACTIVE: 35 min **TOTAL:** 35 min

[illegible]

- 12 ounces frozen meatballs
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 14- to 16-ounce package frozen chopped spinach
- 2 tablespoons white whole-wheat flour
- 1 cup reduced-fat milk
- ⅛ teaspoon ground pepper
- ⅛ teaspoon ground nutmeg
- 1½ cups low-sodium marinara *(see Tip, page 128)*, heated
- 4 ounces sliced fresh mozzarella cheese, shredded or torn into pieces

1. Prepare meatballs according to package directions.

2. Meanwhile, heat oil in a large, broiler-safe skillet over medium heat. Add onion and cook, stirring occasionally, until tender, about 2 minutes. Add garlic and cook, stirring, for 30 seconds. Add spinach and cook, stirring occasionally, until thawed, 6 to 8 minutes. Sprinkle with flour and stir to combine. Add milk and cook, stirring occasionally, until thickened, about 2 minutes. Stir in pepper and nutmeg.

3. Nestle the cooked meatballs into the creamed spinach. Drizzle with marinara and scatter mozzarella on top.

4. Position rack in upper third of oven and turn broiler to high. Broil the casserole until the cheese is browning in spots, 3 to 4 minutes.

SERVES 6: 2 oz. meatballs & ½ cup spinach each

CAL 262 / **FAT** 13G (5AT 5G) / **CHOL** 35MG / **CARBS** 19G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 18G / **FIBER** 3G / **SODIUM** 498MG / **POTASSIUM** 338MG.

MEATBALLS

Pick one with less than 450 mg per serving and skip brands with added sugar

OUR FAVORITES

Bove's Italian Style (beef) and Al Fresco Italian Style (chicken)

POP THE TOP

The new wave of canned wines will have you rethinking your six-pack. If you want the convenience of packing and enjoying adult grape juice, we recommend Union Wine Company's Underwood Sparkling Wine and Pinot Gris ($6 each), from Oregon, which come in 375-mL cans (that's half a bottle). For reds, try the 500-mL Field Recordings Alloy Pinot Noir ($7.50) or Fiction Red ($10), from California.

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POTSTICKERS

Look for a brand that has 600 mg or less of sodium per serving.

OUR FAVORITES

Annie Chun's (chicken & vegetable) and Chef One (vegetable)

Potsticker & Vegetable Stir-Fry

ACTIVE: 40 min **TOTAL:** 40 min

Turn potstickers into a complete meal by adding them to a vegetable stir fry. Customize based on what's in your fridge—carrots, broccoli and mushrooms are all great choices.

- 6 tablespoons water
- 2 tablespoons Shao Hsing rice wine or dry sherry *(see Tip, page 128)*
- 2 tablespoons oyster sauce
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon cornstarch
- 12 frozen potstickers
- 1 tablespoon canola oil
- 1 8-ounce package sliced mushrooms
- 1 bunch scallions, sliced, whites and greens separated
- 1 medium red bell pepper, sliced
- 4 cups coarsely chopped napa cabbage
- 2 cups snap peas, trimmed and halved lengthwise
- 1 tablespoon finely chopped fresh ginger
- 2 cloves garlic, finely chopped

1. Whisk water, Shao Hsing (or sherry), oyster sauce, soy sauce and cornstarch in a small bowl until smooth. Place near the stove.

2. Prepare potstickers according to the pan-fry directions on the package. Transfer to a plate.

3. Meanwhile, heat oil in a 14-inch flat-bottom wok over medium-high heat. Add mushrooms and cook, stirring occasionally, until brown, 4 to 6 minutes. Add scallion whites and bell pepper; cook, stirring occasionally, until the bell pepper is crisp-tender, 2 to 3 minutes. Stir in cabbage, snap peas, ginger and garlic; cook, stirring, just until the peas are bright green and the cabbage starts to wilt, about 1 minute. Stir the sauce and add to the wok along with the potstickers; simmer, gently stirring, for 1 minute. Serve topped with scallion greens.

SERVES 4: 3 potstickers & 1 cup vegetables each

CAL 231 / **FAT** 9G (SAT 1G) / **CHOL** 11MG / **CARBS** 26G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 11G / **FIBER** 5G / **SODIUM** 662MG / **POTASSIUM** 562MG

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Ham & Gruyère Hash Brown Waffles

ACTIVE: 40 min **TOTAL:** 40 min
EQUIPMENT: Classic waffle iron (not Belgian-style)

Skip stirring up a traditional batter to make these crunchy waffles and use frozen hash browns instead. Top them with a little cultured butter and chives or a dollop of whole-grain mustard and serve with a big green salad. Keep the waffles warm in a 250°F oven between batches, if desired. You can use a 20-ounce bag of shredded fresh potatoes instead of the frozen ones—no need to squeeze them in Step 2.

- 3 large eggs
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, finely chopped
- 1 tablespoon minced fresh chives *or* 1 teaspoon dried
- ¼ teaspoon ground pepper
- 20 ounces frozen shredded hash browns (about 7 cups), thawed
- 1 cup diced ham
- 1 cup shredded Gruyère cheese

1. Preheat a classic waffle iron to medium-high
2. Whisk eggs, oil, garlic, chives and pepper in a large bowl. Place hash browns in the center of a clean kitchen towel. Gather up the edges of the towel and twist and squeeze to wring out excess moisture from the hash browns. Stir the hash browns, ham and cheese into the egg mixture
3. Coat the waffle iron with cooking spray. Use a generous 1 cup of the mixture per waffle and cook until browned and crispy, about 5 minutes each

SERVES 4: 1 waffle each

CAL 392 / **FAT** 22G (SAT 8G) / **CHOL** 185MG / **CARBS** 26G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 2G / **SODIUM** 727MG / **POTASSIUM** 606MG

HASH BROWNS

You may see disodium dihydrogen pyrophosphate (also called sodium acid pyrophosphate) in the ingredient list. It's a common, safe food additive, that prevents the potatoes from browning and reduces acrylamide formation (a carcinogen created during frying). Opt for unseasoned ones and save 200-300 mg of sodium per serving.

OUR FAVORITES
Cascadian Farms and Ore-Ida

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Fish Tacos with Avocado-Lime Crema

ACTIVE: 15 min **TOTAL:** 30 min

If battering and frying [illegible] messy, fish sticks [illegible] with black beans or rice.

- 16 fish sticks (about 8 ounces)
- 3 cups coleslaw mix or shredded cabbage
- 2 tablespoons rice vinegar
- ⅛ teaspoon salt
- ½ ripe avocado
- ⅙ cup mayonnaise
- 2 teaspoons lime juice
- ½ teaspoon hot sauce
- 8 corn tortillas, warmed
- Cilantro for garnish

1. Prepare fish sticks according to package directions.
2. Meanwhile, toss coleslaw mix (or cabbage) with vinegar and salt.
3. Mash avocado in a small bowl, then mix in mayonnaise, lime juice and hot sauce.
4. Serve the fish sticks in tortillas topped with the slaw, avocado crema and cilantro, if desired.

SERVES 4: 2 tacos each

CAL 395 / **FAT** 24G (SAT 4G) / **CHOL** 20MG / **CARBS** 38G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 7G / **SODIUM** 417MG / **POTASSIUM** 402MG.

FISH STICKS

Most are made with pollock, which is a sustainable choice if it's Marine Stewardship Council certified (look for the blue label or contact the manufacturer). Try to avoid added sugar (or make sure it's as close to the end of the ingredient list as possible). Go for one with 300 mg or less of sodium per serving.

OUR FAVORITES

Kidfresh Fun-tastic and Dr. Praeger's Lightly Breaded

NOTHING SAYS *'Bring it on, Tuesday'*
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FOOD PHOTOGRAPHY
BY ANDREW SIRIVANI
LIFESTYLE PHOTOGRAPHY
BY JODI HORTON

RECIPES BY SHEFALY RAVULA AND AMEE MEGHANI

TONIGHT

It's a typical Tuesday night at Shefaly Ravula's house in Austin, Texas. The busy 41-year-old mom of two (*above left*) enters the kitchen, ties back her hair and immediately reaches for the masala dabba, a stainless-steel spice caddy filled with turmeric, cumin seed, mustard seed and coriander. She scans her weekly meal chart and pops outside to her garden for a few fresh curry leaves. Now she's ready to slam out a flavorful, from-scratch Indian meal.

Indian food has a reputation for being intimidating, but Ravula, a cooking teacher, has an approach that is so streamlined, her recipes so doable, that cooking for her is practically as fast as takeout. Her secrets? Forethought, a refrigerator filled with make-ahead condiments and an arsenal of go-to meals designed for a multitasking mom.

Ravula's younger sister, Amee Meghani (*above right*), 37, who lives with her husband and 2-year-old twins in Dallas, has dinnertime down too. The sisters' need for speed grew out of their busy lives, but the inspiration for the cuisine came from three key women: their mom and their mothers-in-law.

Though the sisters grew up in Houston, their mother, Aarti Shah, raised them mostly on her native cuisine from the western Indian state of Gujarat, as well as a handful of typical American dishes. She would pull out the chickpea flour and make *bhajia* – batter-fried onions, bell peppers or even bananas – for the girls' after-school snacks. Or she'd roll chickpea dough into balls, tucking in a fenugreek leaf before sizzling them in oil.

After the two sisters got married, they learned other Indian flavors from their respective mothers-in-law. As a new bride, Ravula got a crash course in the regional cooking of her mother-in-law, Sesherakha, who is from Andhra

Pradesh in south India. The food there is fiery-hot, with an intense use of garlic, ginger and onions. It was distinctly different from her mother's cooking. She took notes as Sesherakha cooked dishes like a peanut-and-lentil-strewn rice with lemon, curry leaves and spices.

Meghani's mother-in-law, Harshida, also cooks Gujarati foods like her mom's, but includes dishes to satisfy her own husband's taste for the flavors of Ethiopia, where he spent much of his childhood.

Today, both sisters helm the stoves in their respective Texas homes. Ravula regularly teaches health-focused cooking classes in Austin. She covers foods of all cuisines, but her Indian cooking classes always sell out. Her favorite meals to cook at home include the okra stir-fry of her youth (*above*), cashew butter chicken masala (*page 118*) and a simple egg curry (*page 116*).

For Meghani, cooking remains a pleasure that she balances with her demanding work as a 3D CAD applications engineer. She plans her family's meals a week in advance, doing the shopping and prep on the weekends.

She relies heavily on both her slow cooker (*see page 115*) and her freezer. She also uses her food processor more nights than not. "Use the equipment you have. That's the engineer in me talking!"

"If you stock your spice shelf well," Meghani says, "you shouldn't have to run to the store every time you make Indian food." And, she adds, don't be afraid of the number of spices in a given recipe. Indian spices add depth of flavor, not necessarily heat. "Just because a dish uses a lot of spices doesn't mean it's going to be spicy or difficult to make."

Her meals, like the super-fast chick-pea-based *chhole* (*page 121*), are uncomplicated but thoughtful. "I really try to adhere to good ingredients and homemade food," she says. "That's my mom's influence. I learned from her that a home-cooked meal is one of the most loving things you can do for your family."

CHERYL STERNMAN RULE *is the author of* Yogurt Culture, *and* Ripe, *and the founder of Team Yogurt* (teamyogurt.com). *She lives in San Jose, California.*

"Just because a dish uses a lot of spices doesn't mean it's going to be difficult to make."

Okra Fry (Bhindi Masala)

ACTIVE: 30 min **TOTAL:** 30 min

To avoid the sliminess that turns many people off okra, Indians cook it over high heat in a lot of oil. Here we get similar results with less oil in a nonstick pan. For an authentic taste, use a hot, smoky Indian chili powder, such as reshampatti.

- 2 tablespoons safflower oil or grapeseed oil
- ½ teaspoon black or brown mustard seeds
- ½ teaspoon cumin seeds
- 8-10 fresh curry leaves (optional)
- 1 large onion, thinly sliced
- 1¼ pounds okra, trimmed and sliced ½ inch thick (about 5 cups sliced), or two 10-ounce bags frozen sliced okra, thawed
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- ¾ teaspoon kosher salt
- ½ teaspoon ground turmeric
- ½-1 teaspoon hot Indian chili powder, such as reshampatti, or ¼ teaspoon cayenne pepper

1. Heat oil in a large nonstick skillet over medium-high heat until hot but not smoking. Sprinkle in a few mustard seeds to test the oil—it's hot enough when the seeds sizzle and pop. Quickly add the remaining mustard seeds, cumin seeds and curry leaves (if using); cook, stirring, until very fragrant, about 1 minute, covering the pan as needed to contain any splattering.

2. Reduce heat to medium, add onion and cook, stirring, until it is starting to brown, 5 to 7 minutes. Add okra, increase heat to medium-high and cook, stirring often, until the "goo" or mucilage from the okra starts to release and the onion darkens, 4 to 6 minutes more.

3. Add coriander, paprika, salt, turmeric and chili powder to taste (or cayenne); cook, stirring often, until the okra is browned in spots and the vegetables look very dry, 6 to 10 minutes more.

SERVES 4: about ¾ cup each

CAL 131 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 15G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 6G / **SODIUM** 223MG / **POTASSIUM** 504MG.

THE CONVENIENCE
SURVIVING THE
DINNER GAME
ISSUE

Slow-Cooker Dal Makhani

ACTIVE: 10 min
(plus 8-12 hrs soaking time)
SLOW-COOKER TIME: 10 hrs
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months
EQUIPMENT: 4½- to 6-quart slow cooker

This slow-cooker curry is like a particularly aromatic chili. It pairs well with rice, Cilantro Chutney (right) and a side of plain yogurt. For the most creamy results, use whole urad dal (versus split), which you can get online or at Indian markets. This particular bean breaks down beautifully, giving the dish its rich, creamy texture. For a stovetop variation, see below.

- 6 cups water
- 1⅔ cups dry whole urad dal, rinsed
- ⅓ cup dried red kidney beans, rinsed
- 1 medium onion, finely diced
- 6 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1¾ teaspoons kosher salt
- 10 whole cardamom pods
- 8 whole cloves
- 2 teaspoons ground turmeric
- 2 teaspoons cumin seeds
- 1 teaspoon garam masala
- ½ teaspoon cayenne pepper
- 1 cup canned crushed tomatoes
- ¼ cup chopped fresh cilantro, plus more for garnish

1. Combine water, urad dal and kidney beans in a 4½- to 6-quart slow cooker. Soak for 8 to 12 hours.
2. Turn the slow cooker to Low. Stir in onion, garlic, ginger, salt, cardamom, cloves, turmeric, cumin, garam masala and cayenne. Cover and cook for 10 hours.
3. Remove the cardamom pods, if desired. Stir in tomatoes and cilantro. Serve with more cilantro, if desired.

SERVES 8: about ¾ cup each

CAL 149 / **FAT** 1G (SAT 0G) / **CHOL** 0MG / **CARBS** 27G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 11G / **SODIUM** 318MG / **POTASSIUM** 266MG.

Stovetop Dal Makhani: In Step 1, soak the dal and beans in 7 cups of water in a large pot. In Step 2, stir in the flavorings and bring to a boil. Reduce the heat to maintain a gentle simmer, cover and cook for 2 hours. Remove from heat. Finish with Step 3.

Tools like a food processor make preparing sophisticated sauces like this cilantro chutney quick.

Cilantro Chutney (Kothmiri Chatni)

ACTIVE: 10 min **TOTAL:** 10 min
TO MAKE AHEAD: Refrigerate for up to 5 days or freeze airtight for up to 6 months.

Indian chutneys (or chatnis) are savory, vibrant and exploding with flavor, with a thin, saucy consistency. This raw cilantro sauce is a basic condiment for many Indian snacks, street foods and sandwiches. The serrano chile gives it quite a blast of heat, so use less if you like a tamer sauce. Try this chutney with the Savory Summer Squash Muffins (page 120) or Scrambled Egg Curry (page 116) or use in place of your favorite hot sauce.

- ¼ cup unsalted raw peanuts
- 1 large bunch fresh cilantro
- ½ cup water
- ½-1 serrano chile, coarsely chopped
- 2 tablespoons coarsely chopped fresh ginger
- 2 teaspoons lime juice
- 1 teaspoon kosher salt
- ½ teaspoon sugar

1. Place peanuts in a blender or food processor. Pulse a few times to grind to a medium-fine powder, scraping down the sides as needed.
2. Trim the bottom 2 inches of stem off the cilantro and discard; coarsely chop the rest and add to the blender (or food processor) along with water, serrano to taste, ginger, lime juice, salt and sugar. Blend or process, scraping down the sides as needed, until it's the consistency of a thin sauce, adding more water by the tablespoon as needed.

MAKES: about 1 cup (1-Tbsp. serving)

CAL 15 / **FAT** 1G (SAT 0G) / **CHOL** 0MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 0G / **SODIUM** 71MG / **POTASSIUM** 29MG

THE CONVENIENCE ISSUE

SURVIVING THE DINNER GAME

Scrambled Egg Curry

ACTIVE: 25 min **TOTAL:** 25 min

These mildly spiced scrambled eggs make a great light lunch or light dinner. Tuck them into a warm whole-wheat tortilla or an Indian flatbread, like paratha, which can be found in the freezer case at Indian markets. Serve with a dollop of yogurt.

- 4 medium cloves garlic, finely grated or minced
- 1 ½-inch piece fresh ginger, peeled and finely grated or minced
- 2 tablespoons safflower oil *or* grapeseed oil
- 1 medium onion, thinly sliced
- ½ teaspoon ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon Kashmiri chili powder *(see Tip, page 118)*
- ¾ teaspoon kosher salt
- 6 tablespoons water
- 8 large eggs, beaten
- 4 warm paratha breads *or* whole-wheat tortillas
- Fresh cilantro for garnish

1. Combine garlic and ginger in a bowl; press with a spoon to make a paste.

2. Heat oil in a large nonstick skillet over medium-high heat. Add onion, reduce heat to medium and cook, stirring, until softened, 3 to 4 minutes. Stir in turmeric; cook, stirring occasionally, until the onion is light brown, 5 to 7 minutes more. Stir in the garlic-ginger paste, coriander, chili powder and salt. Stir in water, partially cover and cook until the water evaporates, about 5 minutes.

3. Add eggs and cook, stirring constantly, until almost set, 4 to 6 minutes. Serve rolled in paratha (or tortillas) with cilantro, if desired.

SERVES 4: about ¾ cup each

CAL 298 / **FAT** 17G (SAT 4G) / **CHOL** 372MG / **CARBS** 25G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 3G / **SODIUM** 526MG / **POTASSIUM** 279MG

STYLING: DEVON KNIGHT FOOD: JOE ONG PROPS: PAM LETTERING: MIKE LOWERY

STARTS WITH A
BITE OF *grass.*

ENDS WITH A BITE OF *bliss.*

Delicious. BECAUSE NATURE SAID SO

Cashew Butter Chicken Masala

ACTIVE: 1 hr **TOTAL:** 3 hrs (including 2 hrs marinating time)
TO MAKE AHEAD: Marinate chicken (Step 1) for up to 1 day

Butter or even heavy cream usually gives this popular Indian curry its rich, satisfying quality. This version is made equally luxurious with the healthier fat in cashew butter. Chickpea flour thickens the sauce, but is optional if you don't have it on hand. For weeknight speed, marinate the chicken ahead of time and you can have this dish on the table in about 30 minutes. Serve with steamed spinach and basmati rice.

CHICKEN

- 6 cloves garlic, finely grated or minced
- 1 2-inch piece fresh ginger, peeled and finely grated or minced
- 1 cup plain yogurt, preferably not Greek
- 1 serrano chile, minced
- 2 tablespoons chickpea flour (optional)
- 1 tablespoon ground coriander
- 1 teaspoon Kashmiri chili powder *(see Tip, right)*
- 1 teaspoon garam masala
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon kosher salt
- ¼ teaspoon crushed saffron
- 1½ pounds boneless, skinless chicken thighs, trimmed and cut into 2-inch pieces

SAUCE

- 3 tablespoons coconut oil
- 6 whole cardamom pods, lightly crushed
- 4 whole cloves
- 3 2-inch cinnamon sticks
- 1 large white onion, finely chopped
- 1 serrano chile, julienned, plus more for garnish
- 2 tablespoons dried fenugreek leaves
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- ½ teaspoon Kashmiri chili powder
- 1 cup no-salt-added tomato sauce
- ¾ teaspoon kosher salt
- ⅔ cup water
- 2 tablespoons cashew butter

1. To marinate chicken: Combine garlic and ginger in a bowl. Press with a spoon to make a paste. Transfer 2 packed tablespoons to a large bowl and add yogurt, serrano, chickpea flour (if using), 1 tablespoon coriander, 1 teaspoon chili powder, garam masala, ground cinnamon, cumin, turmeric, ½ teaspoon salt and saffron; whisk until well combined. Add chicken and stir to coat. Cover and refrigerate at least 2 hours and up to 1 day. Refrigerate the remaining garlic-ginger paste.

2. To prepare chicken: Position a rack in upper third of oven; preheat broiler to high. Line a baking sheet with foil.

3. Spread the chicken on the prepared baking sheet. Broil until the chicken is cooked through and starting to brown, 10 to 12 minutes.

4. To prepare sauce: Heat oil in a large saucepan over medium heat. Add cardamom, cloves and cinnamon sticks; cook, stirring, until fragrant, about 1 minute. Add onion and cook, stirring occasionally, until translucent, 3 to 5 minutes. Stir in serrano, fenugreek, coriander, garam masala, chili powder and the reserved garlic-ginger paste. Cook, stirring, for 1 minute. Stir in tomato sauce and salt; cook for 2 minutes more. Add water and cashew butter; increase heat to medium-high and cook, stirring often, until the sauce looks creamy, about 5 minutes. Add the chicken and any accumulated juice to the sauce. Cook, stirring, until heated through, 2 to 3 minutes. Serve with sliced serrano chile, if desired.

SERVES 5: 1 cup each

CAL 353 / **FAT** 20G (SAT 9G) / **CHOL** 94MG / **CARBS** 14G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 2G / **SODIUM** 418MG / **POTASSIUM** 538MG.

TIP: Commonly used in Indian cuisine, Kashmiri chili powder lends a touch of heat and beautiful red color to sauces and curries. Any regular- to medium-heat chili powder can be used in its place. To bump up the heat, add a pinch of cayenne pepper too.

PAGE 20 BLACK MUSTARD SEEDS: @GIVAGA/ADOBESTOCK, PAGE 12: CILANTRO MAXIMILIAN STOCK LTD./GETTY IMAGES

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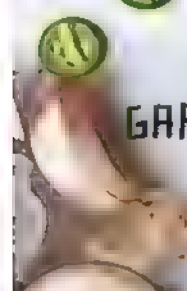


Savory Summer Squash Muffins (Dhoodhi Handvo)

ACTIVE: 30 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze airtight for up to 3 months; reheat in a toaster oven.
EQUIPMENT: Muffin tin with 12 (½-cup) cups

Handvo is a beautifully browned lunch or brunch quick bread traditionally made with lauki *(also called cala bash), a large, mild squash found in India. This version uses easier-to-find zucchini and are made cupcake-size so each gets delightful crispy edges.* (Photo: page 3.)

- 2 cups fine semolina flour
- 2½ tablespoons canola oil *or* grapeseed oil plus 1½ tablespoons, divided
- ¾ teaspoon kosher salt
- ¼ teaspoon baking soda
- ¼ teaspoon ground turmeric
- 3 cloves garlic, finely grated or minced
- 1 1-inch piece fresh ginger, peeled and finely grated or minced
- 3½ cups packed shredded zucchini (about 1 pound)
- 1 cup low-fat plain yogurt
- 1 tablespoon sugar
- ¾ cup water
- ½ teaspoon cumin seeds
- ½ teaspoon mustard seeds
- 1 tablespoon sesame seeds

1. Preheat oven to 350°F. Coat 12 (½-cup) muffin cups with cooking spray
2. Mix flour, 2½ tablespoons oil, salt, baking soda and turmeric in a medium bowl
3. Combine garlic and ginger in a large bowl; press with a spoon to make a paste. Add zucchini, yogurt and sugar; stir until well combined. Add the dry ingredients and stir to combine. Add water and stir to combine again.
4. Spoon the batter into the prepared muffin tin, filling each cup until almost flush with the top. Level the batter.
5. Heat the remaining 1½ tablespoons oil in a small skillet over medium-high heat. Add cumin seeds and mustard seeds; cook, stirring, until very fragrant, about 45 seconds, being careful not to burn them. Remove from heat. Spoon a scant ½ teaspoon of the seasoned oil on top of each muffin, then sprinkle with sesame seeds.
6. Bake for 20 minutes. Leaving the pan in the center of the oven, switch the oven to broil, and broil the muffins until the tops are browned, 7 to 10 minutes more
7. Let cool in the pan for 20 minutes before removing. Serve warm or room temperature

SERVES 12: 1 muffin each

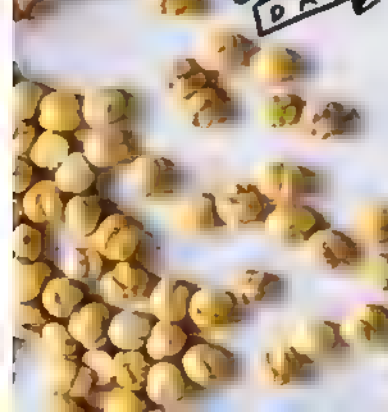
CAL 172 / **FAT** 6G (SAT 1G) / **CHOL** 1MG / **CARBS** 25G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 115MG / **POTASSIUM** 208MG

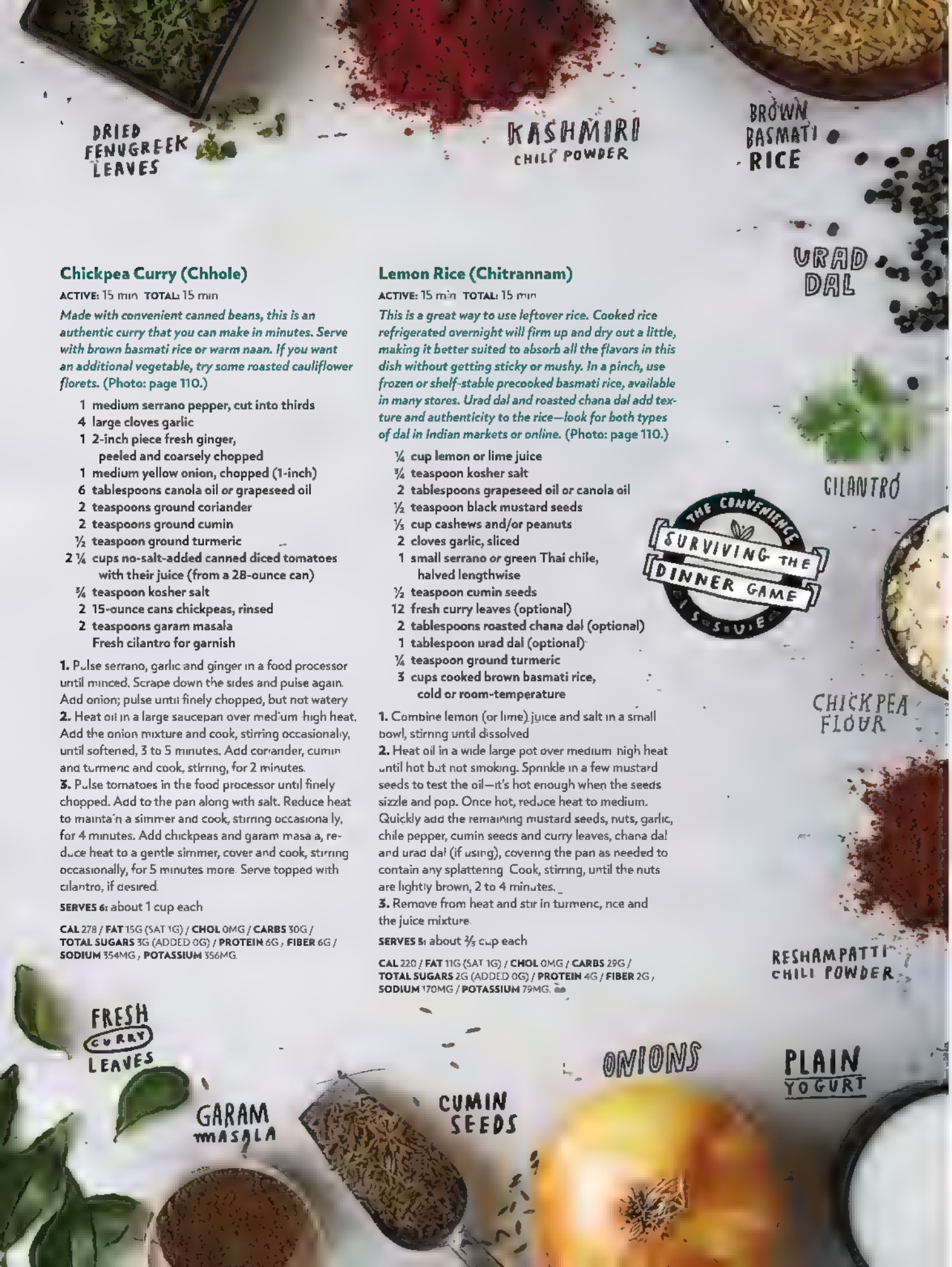
STOCK THESE to COOK INDIAN FOOD ANY NIGHT.

PROBABLY ALREADY HAVE The ingredient lists for these recipes may look scary, but take a deep breath and consider this: if you have onions, garlic, ginger, fresh chiles and cilantro on hand, you already have what you need to build the flavor base for a wide range of easy-to-make Indian dishes.

RAID THE SPICE CABINET or head to a well-stocked supermarket to gather the common spices used in curries, dals and seasoned rices: coriander, cardamom pods, cumin seeds, garam masala (a blend of several spices used in Indian cooking), turmeric, black or brown mustard seeds and whole cloves

GO TO AN INDIAN MARKET OR SHOP ONLINE Look for the harder-to-find but worth-seeking-out ingredients like fenugreek leaves, kashmiri and reshampatti chili powders, urad & chana dal (lentils) and fresh curry leaves at an Indian market or online from *kalustyans.com* or *amazon.com*.





Chickpea Curry (Chhole)

ACTIVE: 15 min **TOTAL:** 15 min

Made with convenient canned beans, this is an authentic curry that you can make in minutes. Serve with brown basmati rice or warm naan. If you want an additional vegetable, try some roasted cauliflower florets. (Photo: page 110.)

- 1 medium serrano pepper, cut into thirds
- 4 large cloves garlic
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium yellow onion, chopped (1-inch)
- 6 tablespoons canola oil *or* grapeseed oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 ¼ cups no-salt-added canned diced tomatoes with their juice (from a 28-ounce can)
- ¾ teaspoon kosher salt
- 2 15-ounce cans chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish

1. Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery
2. Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
3. Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

SERVES 6: about 1 cup each

CAL 278 / **FAT** 15G (SAT 1G) / **CHOL** 0MG / **CARBS** 30G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 6G / **SODIUM** 354MG / **POTASSIUM** 356MG.

Lemon Rice (Chitrannam)

ACTIVE: 15 min **TOTAL:** 15 min

This is a great way to use leftover rice. Cooked rice refrigerated overnight will firm up and dry out a little, making it better suited to absorb all the flavors in this dish without getting sticky or mushy. In a pinch, use frozen or shelf-stable precooked basmati rice, available in many stores. Urad dal and roasted chana dal add texture and authenticity to the rice—look for both types of dal in Indian markets or online. (Photo: page 110.)

- ¼ cup lemon or lime juice
- ¾ teaspoon kosher salt
- 2 tablespoons grapeseed oil *or* canola oil
- ½ teaspoon black mustard seeds
- ⅓ cup cashews and/or peanuts
- 2 cloves garlic, sliced
- 1 small serrano *or* green Thai chile, halved lengthwise
- ½ teaspoon cumin seeds
- 12 fresh curry leaves (optional)
- 2 tablespoons roasted chana dal (optional)
- 1 tablespoon urad dal (optional)
- ¼ teaspoon ground turmeric
- 3 cups cooked brown basmati rice, cold or room-temperature

1. Combine lemon (or lime) juice and salt in a small bowl, stirring until dissolved
2. Heat oil in a wide large pot over medium-high heat until hot but not smoking. Sprinkle in a few mustard seeds to test the oil—it's hot enough when the seeds sizzle and pop. Once hot, reduce heat to medium. Quickly add the remaining mustard seeds, nuts, garlic, chile pepper, cumin seeds and curry leaves, chana dal and urad dal (if using), covering the pan as needed to contain any splattering. Cook, stirring, until the nuts are lightly brown, 2 to 4 minutes.
3. Remove from heat and stir in turmeric, rice and the juice mixture.

SERVES 5: about ⅔ cup each

CAL 220 / **FAT** 11G (SAT 1G) / **CHOL** 0MG / **CARBS** 29G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 2G / **SODIUM** 170MG / **POTASSIUM** 79MG.

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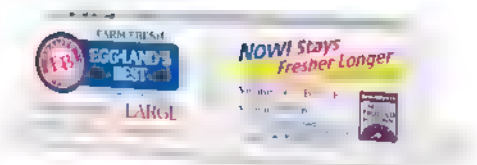

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SMARTS FROM OUR TEST KITCHEN

Piece of Cake

Fall brings a back-to-school hustle regardless of whether you have kids at home. Make your life a little easier by baking a cake from a mix instead of from scratch. We pick the tastiest and help you on page 124. Plus, discover the best fridges for keeping your food fresher longer (page 26—maybe they'll save you a trip to the store).

SHOP SMART

Inside the Box

You want to celebrate that special occasion with a homemade cake, but time has gotten away from you. Cake mixes are an easy (and fairly foolproof) way to bake a cake, fast. But some mixes are overloaded with sugar and unnecessary additives. Here's how to pick a healthier box off the shelf.
—Julia Westbrook

Numbers to Look For

Amount Per Serving	
Calories	≤ 280 calories
Sodium	≤ 350 mg
Sugars	≤ 22 g

When possible, choose a cake mix with the simplest, most recognizable list of ingredients—close to what you'd see in a recipe.

- Avoid mixes made with partially hydrogenated oils, which contain heart-unhealthy trans fats.
- Consider browsing the gluten-free and natural baking sections. Though these cakes aren't healthier by default, some gluten-free and vegan options met our nutrition standards and we liked their flavor and texture just as much.
- If you're avoiding certain coloring agents, be aware that some cake mixes contain Red 40, Yellow 5 and caramel color. There's some limited evidence that these ingredients can be adverse, but they're used in such small quantities they're not likely to impact health.
- You might see propylene glycol esters of fatty acids, sodium stearoyl lactylate, and mono- and diglycerides, but don't sweat it. They're simply emulsifiers that help improve batter consistency and make cakes softer. There's no evidence that suggests they're harmful.

OUR PICKS

King Arthur Flour Deliciously Simple Chocolate & Gluten-Free Chocolate ■ Hampton Creek's Just Yellow & Just White ■ Pillsbury Moist Supreme Classic Yellow & Classic White ■ Betty Crocker Gluten-Free Yellow

LABEL WATCH Propyl Gallate

FOUND IN: Packaged foods containing meat and/or oil, including sausages and prepared meals, candy, popcorn and soups.

WHAT YOU NEED TO KNOW: This preservative, used to prevent rancidity and spoilage in foods containing fats and oils—particularly meat products—has mixed research behind it. Scientists have credited gallic acid (naturally occurring in tea, grapes and other plants) with cancer protection. But, consumer watchdog groups say the safety studies on gallic acid's synthetic relative—the food additive propyl gallate—are outdated and questionable. The Center for Science in the Public Interest puts this ingredient on their "avoid" list, pointing to concerning animal studies as a red flag that it may be a hormone disruptor as well as a carcinogen.

However, the FDA has allowed this synthetic ingredient in U.S. food for almost 70 years. And a European Food Safety Authority panel recently reauthorized the additive's safety, concluding that current levels of dietary exposure are fine.

BOTTOM LINE: Although research suggests propyl gallate may be a hormone disruptor and carcinogen it's important to note that they're testing levels much higher than you would eat. But if you're seeing this often in the foods you buy, it might be time to look for cleaner ingredient lists.
—Anne Treadwell

SNACK ON THIS When hunger hits, BelGioioso's Mini Ricotta cups are a nice change-up from your Greek yogurt routine. The 5-ounce tub packs 16 grams of protein to help keep you feeling full, and you'll also get 70 percent of your daily quota for calcium. Enjoy one plain or treat it as a blank slate to add your favorite flavors. Swirl in maple syrup and top with berries or stir in herbs and use it to dip your carrots and celery. Whether you go sweet or savory, you'll be satisfied either way. *–Breana Lai*

JIM WESTPHALEN; CARLY NERSHI (FOOD); JOANNE PALMISANO (PROPS); ILLUSTRATION: EMMA DIBBEN

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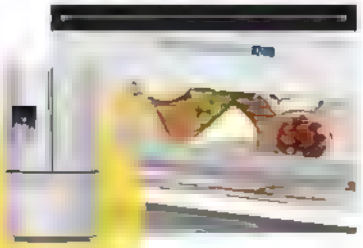
Fresher Fridges

nd beverages they buy, costing families up to $2,275 annually. Next time you're shopping for a fridge, look for features like these that help reduce food waste and save money.

CUSTOMIZED CLIMATES



Electrolux French Door Refrigerator with Wave-Touch® Controls
Starting at $3,349
Traditional refrigerators maintain one constant temperature, but that means your produce is stored in the same conditions as your wine and cheese—not ideal! With Electrolux's Perfect Temp® drawers, you can program drawers to keep fruits and veggies cold but have your cheese plate ready to serve from a less-cool drawer.

HERB SAVIOR

KitchenAid Multi-Door Freestanding Refrigerator
Starting at $3,599
Keep fresh herbs from drying out with a dedicated herb-storage compartment, designed specifically for the typical ¾-ounce herb pack you get at the grocery store. With its angled floor, a little water keeps the stems wet without covering the leaves.

ETHYLENE SCRUBBER

Sub-Zero 36" Built-In Refrigerator
Starting at $6,290
Many fruits and vegetables emit ethylene gas, which speeds up ripening and spoilage. Sub-Zero refrigerators come with an antimicrobial air-purification system (based on technology developed by NASA) that scrubs the air of ethylene—as well as odors, mold, viruses and bacteria—every 20 minutes, keeping your produce fresh as long as possible.

STAT SOURCE NRDC "WASTED" NRDC.ORG LEFT THOMAS BARWICK/GETTY RIGHT TOP TO BOTTOM COURTESY ELECTROLUX COURTESY KITCHENAID COURTESY SUB-ZERO

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TIPS & NOTES

Black cod *(p.56)*, aka sablefish, is a buttery, omega-3-rich fish. More common in restaurants than at fish counters, its excellent flavor makes it worth seeking out. For a sustainable choice, pick fish from Alaska or the U.S. West Coast.

Use **dry sherry** *(p.44, 90, 104)* instead of "cooking sherry" in recipes calling for sherry. It adds depth of flavor to sauces, soups and stews without adding extra salt that's in cooking sherry. Look for it near other fortified wines.

Try **chia seeds** *(p.56)*—tiny seeds harvested from a mint-family plant—stirred into yogurt, smoothies or oatmeal. Per tablespoon, they'll add about 70 calories along with a boost of fiber, protein, B vitamins and omega-3s.

Marinara sauces *(p.102)* can be high in sodium (often more than 20% of your daily limit per serving). Opt for one labeled low-sodium or try our favorite lower-sodium sauce, Dell'Amore Original, with 250 mg per serving.

Loosen each leg by pulling it away from the body, then cut between the thigh and body until you cut through the hip joint. Place each leg skin-side down and cut through the joint where the drumstick and thigh are joined together. Make a vertical cut along each side of the breastbone. Then make a low, horizontal cut to remove the breast meat. Bend the wing away from the body and cut the joint between the wing and body. Cut off the small wing tips, if desired.

Ask Stacy

"Can I refreeze previously frozen food?"

B. ROENIG, FARMINGTON, CT

Most people worry about the food safety of thawing and refreezing, but as long as it's done right, it's perfectly safe. The only risk you'll take is ruining the taste and texture of the food.

Air exposure is the enemy when food is in the deep chill. Air trapped in the package or that seeps in from the freezer causes the moisture in the food to evaporate—making the food overly dry. Freezer air can also impart off-tasting flavors. Pack foods in airtight containers that are just a bit bigger than what you're freezing (leaving a little room for expansion as the foods freeze) or pack in freezer bags, squeezing out as much air as possible. Meat in plastic-wrapped trays may be frozen as is, but it's not completely airtight. For better storage, transfer to freezer bags or use a vacuum sealer.

When you do thaw food, never do it at room temperature—that keeps foods in the "unsafe" temperature range too long and risks the growth of bacteria that can make you sick. Instead, thaw foods in the refrigerator. Or, if you're in a hurry, immerse sealed food in cold water until thawed, changing the water every 30 minutes to be sure it stays cold. Microwave thawing is safe and works well for high-moisture foods like soups and stews. Skip thawing meat in the microwave, though. Timing is tricky and meat can turn into leather in a hurry—not so good for eating (or refreezing).

BOTTOM LINE: Go ahead and refreeze any food that was packaged well and safely thawed. Repack it airtight and get it back into the freezer within a day. *Stacy Fraser*

Send your questions to askus@eatingwell.com

ILLUSTRATIONS: EMMA D. BEEN BOTTOM: KEN SPRAGUE

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recipe index NUTRITION ANALYSIS

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN C (%)	VITAMIN D (%)
BREAKFAST, SNACKS & DESSERT																			
56	Berry & Flax Smoothie	■		216	10/1	28	5	110		■	■		■	29			56		46
58	Cottage Cheese & Pear Parfait	■	■	167	6/1	22	3	275	■		■		■						
52	Crispy Curried Chickpeas	■	■	106	5/1	15	4	234	■		■	■	■						
76	Fried Apple Pie Rolls		■	207	6/4	35	3	203	■		■								
52	Fruit & Nut Popcorn Trail Mix	■	■	146	7/1	17	3	68	■	■	■	■	■						
52	Hummus-Stuffed Mini Bell Peppers	■	■	74	4/1	8	3	150	■	■	■	■	■				54		101
52	Mango-Date Energy Bites	■	■	73	3/1	11	1	55	■	■	■	■	■						
56	Peanut Butter & Chia Berry Jam English Muffin	■	■	262	9/2	40	9	287	■	■	■	■		27					
66	Seeded Whole Grain Quick Bread		■	340	20/3	37	5	418	■		■					24			
52	Smoked Salmon Mini Rolls	■		139	9/1	8	4	215	■	■			■				97		
SAUCES, DIPS & GRAVY																			
92	Chicken Parmesan Dip			180	10/5	7	1	145	■				■	14					
21	Cilantro Chutney (Kothimbir Chutni)	■		15	1/0	2	0	2	■	■	■	■	■						
93	Roast Chicken Pan Gravy	■		12	1/0	1	0	2	■				■						
SIDE DISHES & SALADS																			
21	Lemon Rice (Chitranna)	■	■	220	7/1	36	2	290	■	■	■	■	■						
58	Middle Eastern Braised Cauliflower	■	■	124	8/1	15	4	251	■	■	■	■	■		23		20		146
17	Okra Fry (Bhindi Fry)	■		65	4/1	6	3	21	■	■	■	■	■		24				0
84	Roasted Radishes with Pine Nuts & Cilantro	■	■	133	8/1	7	3	76	■	■	■	■	■						13
26	Savory Summer Squash Muffins (Obaachi Hanaru)		■	172	6/1	26	2	315	■	■	■								
SOUPS																			
46	Caldo Bean Soup	■	■	246	9/2	31	7	578	■				■		27		30		
40	Caribbean Bean Soup	■	■	181	3/2	26	5	427	■				■				30		4
44	Classic White Bean & Kale Soup	■	■	252	8/1	29	6	436	■				■				40		98
74	Homemade Roasted Chicken Stock		■	15	0/0	1	0	15	■	■	■	■	■						
43	Middle Eastern Bean Soup	■	■	280	14/4	30	7	580	■				■				30		122
45	Southwest Bean Soup	■	■	258	9/2	32	9	669	■				■						98
VEGETARIAN MAIN DISHES																			
71	Chickpea Curry (Chhole)	■	■	279	15/1	30	7	784	■	■	■	■	■		36				58
101	Eggplant & Mozzarella Stack Roll-Ups	■	■	264	16/6	20	5	446	■		■								
36	Roasted Vegetable Sardines	■	■	259	16/6	17	3	404	■	■	■						26		88
186	Scrambled Egg Curry	■	■	298	17/4	25	8	526	■	■	■								
98	Slow-Cooked Red Mexican		■	369	7/0	72	11	33	■		■	■	■						
35	Spaghetti with Broccolini Pesto	■		454	9/3	57	11	452	■		■								94
108	Veggie Burger Hash	■	■	525	18/8	71	9	559	■		■		■		29	24	297		54
CHICKEN & TURKEY																			
118	Cashew Butter Chicken Masala		■	553	28/9	14	2	418	■				■						
90	Chicken & Mushroom Shepherd's Pie		■	359	12/2	38	4	485	■	■							46		28
95	Chicken, Arugula & Butternut Squash Salad with Brussels Sprouts	■	■	242	12/2	18	3	378	■	■			■				154		30
91	Chicken Chili with Sweet Potatoes	■	■	324	10/2	35	8	570	■	■			■				179		41
58	Chicken Enchilada–Stuffed Spaghetti Squash		■	409	22/11	20	4	426	■				■	26			24		52
46	Nashville Hot Chicken		■	295	11/4	16	1	464	■				■			32	25		
104	Potsticker & Vegetable Stir-Fry	■	■	270	9/1	26	5	632	■						28		45		108
96	Roasted Chickens		■	182	3/2	0	0	290	■	■			■						
98	Turkey & Vegetable Meatloaf		■	342	20/5	19	3	456	■								57	24	34
FISH & SEAFOOD																			
49	Dijon Salmon with Green Bean Pilaf	■		442	25/4	22	4	601	■				■					100	52
108	Fish Tacos with Avocado-Lime Crema	■	■	595	24/6	58	7	417	■	■									38
60	Korean Crab Rolls	■		295	14/2	29	4	761	■										
58	Lemon-Caper Black Cod with Broccoli & Potatoes	■		483	34/6	27	5	599	■	■			■		23		99	29	152
58	Salmon Pita Sandwich	■		239	7/1	19	2	510	■	■				27				21	
BEEF & PORK																			
106	Ham & Gruyère Hash Brown Waffles	■	■	592	32/14	46	2	729	■				■	31					40
102	Meatball & Creamed Spinach Skillet	■	■	262	15/5	19	3	498	■					33	26	29	78		3
44	Slow-Cooker Char Siu Pork		■	166	7/2	8	0	423	■										
58	Strip Steaks with Smoky Cilantro Sauce & Roasted Vegetables			399	28/6	22	4	559	■				■		28	30	203	31	

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.
  - "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
  - "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
  - "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally ½ cup. Vegetable side dishes are a minimum of ½ cup.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving.

LOW-CAL: Entrees have ≤375 calories per serving; combination meals have ≤575 calories. Side dishes, muffins, breads and appetizers have ≤200 calories per serving; desserts have ≤225 calories per serving; dips and salsas, sauces and salad dressings have ≤75 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat and sodium. Entrees have ≤2 grams saturated fat (seafood entrees have ≤4 grams) and ≤360 milligrams sodium per serving; combination meals have ≤4 grams (seafood ≤6 grams) and ≤600 milligrams sodium per serving. Side dishes, muffins, breads, appetizers and desserts have ≤2 grams saturated fat and ≤240 milligrams sodium per serving; dips and salsas and sauces have ≤1 gram saturated fat and ≤140 milligrams sodium per serving.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 20% or more of the Daily Value (DV) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

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School of Fish

Alan Lovewell found a market for underutilized species of fish: school cafeterias

By Carolyn Jung

WHO HE IS Alan Lovewell, a descendant of Cape Cod whaling captains, grew up with an appreciation for the sea. After studying international environmental policy, in 2012 he started Real Good Fish, one of the first community-supported fisheries in Northern California. Working with 25 local fishermen, it delivers seafood year-round to more than 1,000 subscribers. But the fishermen Lovewell partnered with were troubled by the problem of bycatch. That's when unwanted species are caught along with the desirable ones and thrown overboard, dying or already dead. He knew there had to be a solution.

WHAT HE DID In 2014, Lovewell established Bay2Tray, which created a new outlet for the less-marketable bycatch in school lunch programs. He's selling the underutilized fresh fish to school cafeterias that once served only frozen fish sticks, creating more revenue for fishermen and making a dent in the problem of global bycatch, which may constitute as much as 40 percent of the world's catch. At least 138 schools and early education programs in the Bay Area have signed on so far.

WHY IT'S COOL Grenadier (*far right*) is a less-valuable fish that gets caught with sought-after black cod (*right*). It's also hideous, with bulging eyes and a lizardlike tail. But once cut into fillets, the "eww" factor disappears from this flaky, mild-tasting fish. Jenn Gerard, who was nutrition services director for the Monterey Peninsula school for more than four years, was one of the first Bay2Tray partners. When they debuted fish tacos on the menu, Gerard made sure to have backup pizza, but she says, "The fish tacos flew out of the cafeteria, and we had pizza left over. It's nice to see kids get excited about something so good and local."

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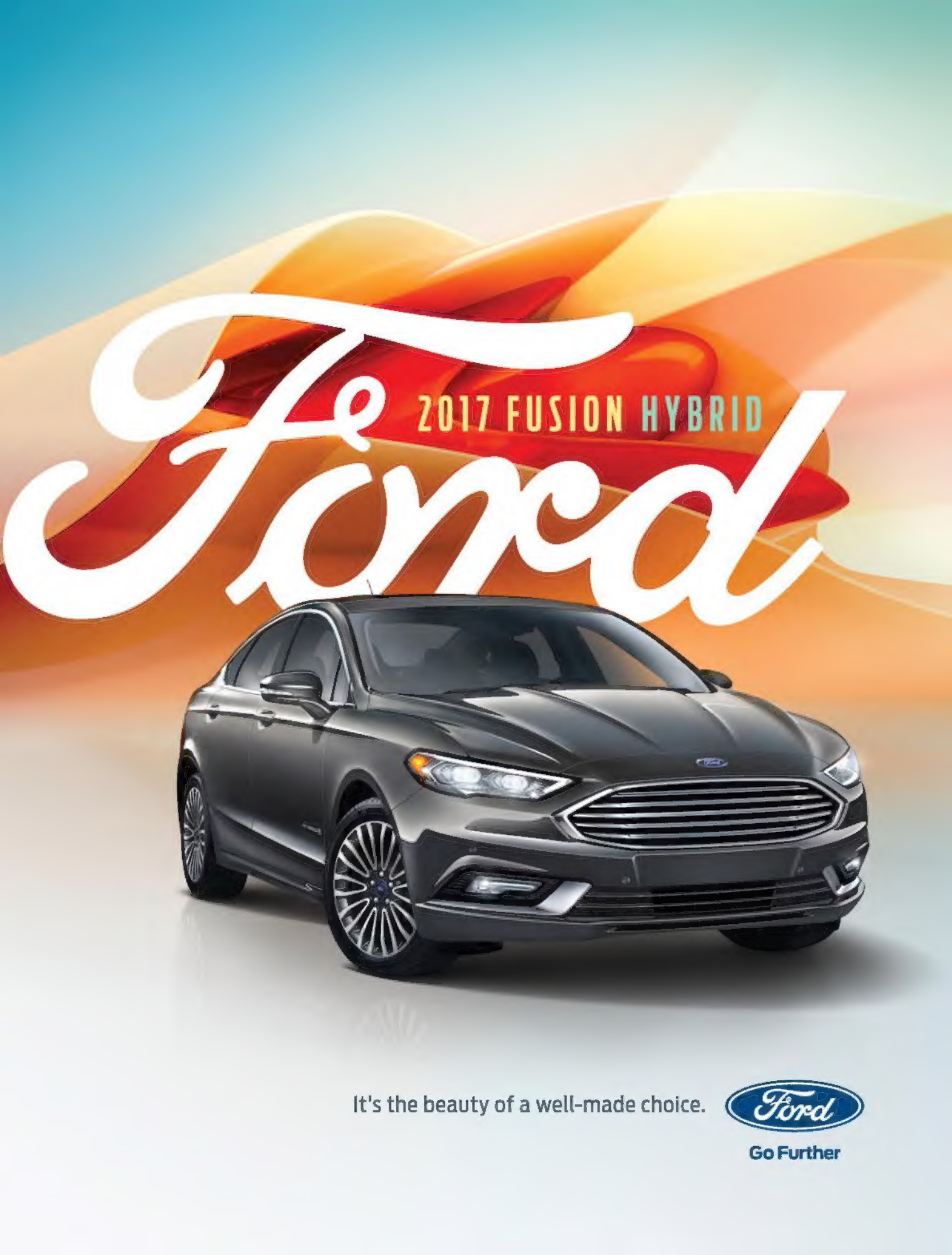
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